

24-hour Urine Collection Instructions

01

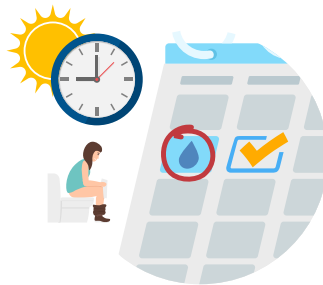
Lab appointment date is scheduled.

02

ON **the day before** your appointment is scheduled, when you get up in the morning, note the time and pee and flush that as usual.

03

Collect **EVERY** drop of pee from then on and put it in the provided jug.



04

On the next day, get up at the **EXACT same time you got up the day before**, pee in the jug, and you are done.

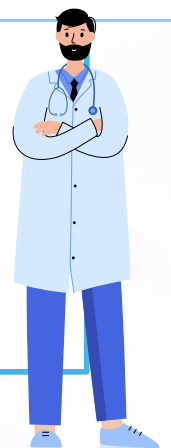
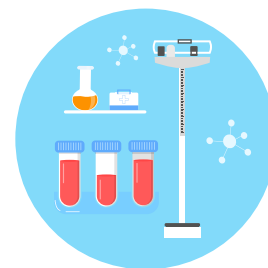
05

You must keep the jug cool – DO NOT PUT IT IN YOUR FRIDGE!!!!!!
Instead get a cheap Styrofoam cooler and keep the jug on ice in your bathroom.

06

Bring the jug to the office at your scheduled LAB Appointment where we will take the specimen AND draw some blood samples.

You will also be asked to verify your weight and height at the time the blood is drawn.
You cannot have someone drop off the jug for you.
You MUST be present in order for the test to be completed.



IF YOU SKIP EVEN ONE TIME YOU PEE, OR ARE NOT PRESENT WHEN THE SPECIMEN IS RETURNED, THE ENTIRE TEST WILL BE VOID AND MUST BE REPEATED.