

## Collecting a 24-Hour Urine Sample

Your health care provider has ordered a 24-hour urine sample to see how well your kidneys are working. For this test, you will need to collect your urine for a total of 24 hours.

### What you need to collect the urine sample:

- You will urinate into a clean container (“hat” or urinal).
- You will need a 24-hour urine collection jug to store the urine.
  - You get this jug from your healthcare team at Rutgers Cancer Institute of New Jersey
  - There is a preservative in the container
  - Do not use this jug if the preservative spills out



Clean container (“hat”)



Clean container (urinal)



Collection jug

### How to collect your 24-hour urine sample:

- When you wake up, urinate into the toilet for your first urination of the day. **This is not to be collected as it's considered yesterday's urine.**
- Write the date and time on the jug (this is considered the “start time”) with a pen or marker.
- After this time, urinate into the clean container (“hat” or urinal). **Do not urinate into the jug.**
- Pour the urine into the jug.
- Make sure that you keep the labeled urine-filled jug cold (refrigerate or put on ice - **do not freeze**) during the 24-hour collection period and until the urine is brought to the lab.
- On the next morning, at about the same time you started the collection, collect urine for the last time. This is the end of your test. Write the date and time the test ended on the jug (this is considered the “end time”).
- As soon as possible, bring the jug with the collected urine to Rutgers Cancer Institute or local lab as directed by your healthcare team.
- Call Rutgers Cancer Institute at 732-235-2465 if you have any trouble collecting your urine.

### Example:

Wake up at 7:00am and urinate into toilet and **do not** collect this sample. Write the date and 7:00am as the “start time” on the jug. Collect all urine including 7:00am the next morning. Write the date and 7:00am as the “end time” on the jug.

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**