Wallowa Memorial Hospital

Collection Procedure – 24 Hour Urine

Your referring provider has asked that you provide a urine sample for analysis. You can help insure the accuracy of the analysis by following these instructions carefully.

Thank you for your cooperation.

Your physician or Laboratory will provide you with the container for a 24 hour urine collection.
Please be sure container is labeled with your name and date of birth.
During the entire collection process, the container must be kept refrigerated.

1. Avoid alcoholic beverages, vitamins and other medications (if possible) for at least 24 hours before the start and during the collection. **Consult your physician before changing medications or diet.**

2. Maintain your normal intake of fluids during the collection unless instructed otherwise by your physician.

3. Upon rising on the day of collection, urinate into toilet emptying your bladder completely. **Do not save this sample.** Note the time on the collection form.

4. For the duration of the collection, collect all urine in its entirety and transfer to the provided 24 hour urine container. **Keep refrigerated. Avoid fecal contamination. Care must be taken to ensure no urine is lost during collection.**

5. The collection will end after your last voiding within the 24 hour duration (i.e. If collection started at 0700 am, urine will be collected until 0700 am the following day). Note the time of your last voiding on the collection form.

6. When your collection is complete return the container along with the completed attached form (including Height/Weight) as soon as possible to the laboratory. **Continue to keep refrigerated until delivered to the lab.**

7. It is a requirement to check in with registration when dropping off specimens as some tests require blood work as well.

If you have any questions or concerns about collection or the tests being performed, please contact the laboratory at: (541) 426-5308.

Please provide the following information and return this form with your specimen.	
Name:	Date of Birth:
Start of Collection Date:	Start of Collection time:
End of Collection Date:	End of Collection Time:
Height:	Weight: