

**Valley Medical Group Laboratory  
24-Hour Urine Collection Instructions**

**Please read the entire instruction sheet prior to starting your urine collection.**

Urine collection should be started in the morning and collected for 24 hours after the start of collection. If there is a liquid additive in the container, do not empty the container prior to collection.

Write your start date and time and stop date and time collection container. These times are needed for accurate test results. The stop time is 24 hours after the start time.

For example, if you start at 7 a.m. one day, your stop time is 7 a.m. the next day.

Start Date: \_\_\_\_\_ Time: \_\_\_\_\_ a.m./p.m.

Stop Date: \_\_\_\_\_ Time: \_\_\_\_\_ a.m./p.m.

The first voided urine is **DISCARDED**- This begins your START TIME. Collect all subsequent urines for the next 24 hours into urine “hat” or other clean dry container and add them immediately to the 24-hour urine jug/container. All urine passed during the 24-hour period (day or night) must be saved.

**CONTAINER MUST BE KEPT REFRIGERATED BETWEEN COLLECTIONS**

At the same time the following morning, void completely again (first time after awakening), and add this sample to the collection container. This is your STOP TIME and completes your 24-hour collection.

**RETURN THE CONTAINER TO THE LAB THE SAME DAY THE 24-HOUR COLLECTION IS FINISHED.**

**Any questions please contact any Valley Medical Group Lab: Monday –Friday: 7:00am – 4:20pm**

Amherst Health Center	413-256-8561
Easthampton Health Center	413-529-9300
Greenfield Health Center	413-774-6301
Northampton Health Center	413-586-8400