



How to collect urine for 24 hours - for outpatients

Only

1. Purpose :

To collect 24-hour urine in order to collect data for diagnosis.

2. Methods :

- (1) Prepare a clean container above 2000cc for urine collection.
- (2) First, urinate at o'clock am/pm (record the time). It is not necessary to collect urine this time, but collect urine each time afterwards before any defecation.
- (3) After 24 hours, urinate for the last time and collect the urine in the container, this finishes the procedure.
- (4) Use a bottle with measures to record the total amount of urine in cc. After the urine is measured, take out 10 cc as sample to the hospital for test.

3. For your attention:

- (1) To avoid errors, please collect all urine in the 24 hours. Time period if any urine is lost, please notify the nurse and start to collect urine again.
- (2) Urinate first before emptying the bowels.
- (3) Females should avoid collecting urine during the menstrual period unless under a doctor's consent.
- (4) If you have any questions, please ask the nursing staff anytime. We are more than willing to help you.

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All information above has been reviewed by Nephrology specialists
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4. Conclusion:

The correct collection method can avoid the deviation of the test value, so as to have the correct test results, which can be used by doctors for diagnosis or condition tracking.

5. References

Shin, T., Hoang, T., thomas, M., & Shakir, M. (2021). False elevations in urinary metanephrines: Under-recognised pitfall with 24-Hour Urinary Volume Collection. *BMJ Case Rep*, 14(2), 1-3. <https://doi.org/10.1136/bcr-2020-241147>

Let's take the quiz to make sure you understand

1. It's not necessary to collect o' clock(am/pm) urine for 24 hours urine.

YES NO UNKNOW

2. patient have to collect each time urination after o'clock urination

YES NO UNKNOW

3. after 24 hour urine collected, ask patient to take out 100cc as sample to the hospital

YES NO UNKNOW

4. female should avoid collecting urine during the
menstrual period

YES NO UNKNOWN

5. if any urine is lost, please notify the nurse and start to
collect urine again

YES NO UNKNOWN