



# URMC LABS

## Instructions for 24 Hour Urine Collection for Super Saturation Analysis

Dear Patient,

Your doctor has requested you collect a 24 hour urine specimen for a special lab test called super saturation analysis. Please follow these instructions exactly in order to have a proper specimen to submit to the laboratory. Failure to follow these instructions will invalidate your urine specimen, possibly requiring recollection.

### **Supplies:**

**1 24 hour container**  
**Collection data form**  
**Medical history form**

Before starting the collection of your specimen complete the medical history form and the patient information section of the collection data form. Bring the complete collection in brown bottle, completed forms and requisition provided by your doctor to any URMCLabs patient service center when you have finished collecting your urine. Your specimen must be received by URMCLabs within 24 hours of the stop time (**Mon-Thurs, excluding holidays**). **Specimens cannot be accepted on Fridays or weekends.**

How to collect a 24 hour urine

1. When you wake in the morning discard your first urine in the toilet. Please add additive to 24 hour container. This is your START time. Record this time and today's date on the collection data form where it says "start time".
2. For the next 24 hours collect all urine directly into the brown container, including the first urine the following morning. The collection period

must be no more than 26 hours or less than 22 hours for the specimen to be valid.

3. The morning collection marks the end of the end of the 24 hour collection period. This is the STOP time. Record today's date and the stop time on the collection data form where it says "stop time".
4. Bring complete urine collection and all completed forms to a URMC Labs patient service center.

If you have any questions regarding the specimen collection, please contact URMC Labs Client Services at 350-2600.

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