

Patient Instructions

Pocono Medical Center Laboratory

24 Hour Urine Collection

Important: To insure accurate test results, please follow these instructions carefully.

1. Bring your doctors request to the Ambulatory Testing Center to pick up a container to take home. The laboratory will direct you to refrigerate the sample as you collect it or not.
2. At the hour you choose to start the collection period, urinate into a toilet and flush as usual. It is suggested you begin in the morning. Discard your 1st morning urine then begin collection.
3. Record the starting time and date in the space provided on the label.
4. For the next 24 hours, collect ALL your urine in this container.
5. During the 24 hour period store the specimen in the refrigerator or keep in a cool location.
6. Be sure to urinate just when the 24-hour collection period ends and include this urine in the container.
7. Record the ending time and date in the space provided on the label.
8. Promptly, bring the container back to the laboratory.
9. If you need another container to complete the collection, please come back to the laboratory to pick up another container.
10. If you are having a Creatinine Clearance, the laboratory needs to have your height and weight to complete the test. The laboratory will also need to draw blood for this test.
11. Thank you for your attention to these instructions. If you have any questions, please call the laboratory at 570-476-3369.