



# Instructions for 24-hour Urine Collection

Vibra Health Lab

## CONTENTS OF KIT

1. Test Requisition
2. Urine collection container with/without preservative
3. Attached identification label
4. Your physician may also provide a clean urine collection cup

## COLLECTION INSTRUCTIONS

To ensure the validity of the sample it is important to follow the instructions provided below.

1. Use **ONLY** the container provided.
2. Make sure the attached label is filled out with your name, date of birth, and the test ordered
3. At the start of the test urinate and **DO NOT** save this urine.
  - Write the start date and time on the label. This will be the start of the 24-hour collection
4. Collect all urine samples for the **next 24 hours** and transfer to the collection container.
  - Your physician may have provided a clean collection cup to collect samples
  - If a collection cup was not provided, use a clean container to collect samples
  - If preservative was added to the container, do not urinate directly into it as splashing may occur
5. Collect the final urine sample at the **end of 24 hours**.
  - Time sample collection to end at exactly 24 hours
  - Write the end date and time on the label
6. If additional containers are needed, label in the same manner as the first container and write the container number and number of total containers on the label.
7. Transport specimen to the laboratory as soon as possible after collection.



Keep Container  
refrigerated or on ice