

24-Hour Urine Collection

Instructions:

A 24 hour urine collection is a timed test. All urine which is passed in a 24 hour period is collected. The testing will not be accurate if the specimen is collected improperly.

1. Urinate first thing in the morning. **Do not** save urine. Write down the time.
2. For the next 24 hours, collect all the urine that is passed after the first voiding and place in the jug provided. Do not urinate directly into the container.

For example: 7:00 a.m. was the first time you urinated for the day. Write down 7:00 a.m. and discard the urine. Now collect all urine for the next 24 hours, including anything passed at 7:00 a.m. the next morning. (24 hours after the first voiding).

3. All urine should be placed in the container provided. For some tests, it is necessary to add chemicals to the container as a preservative. If this chemical should spill out of the container, do not use it. Instead, obtain another container from the laboratory.

If preservative is added to your container, do not urinate directly into the container as splashing may occur. Collect the specimen in a different clean container and pour into the jug provided.

4. Keep the 24-hour urine jug refrigerated during collection. If refrigerator space is a problem, you may keep the jug cool by placing it in a bucket kept half filled with slush ice.
5. **DO NOT** add any more urine to the container after the 24 hour collection period. To do so will cause inaccurate results.
6. Bring the urine to the laboratory as soon as possible once the collection is complete. See other side for laboratory locations and hours of operation. Some tests, such as creatinine clearance, also require a blood test collection as well as height and weight information.

Lakeland Outpatient Service Centers

Lakeland hopes that the following information will assist you in choosing a location for outpatient services. Outpatient services include: blood draws, EKG's, urine drug screens and radiology testing. Patients may go to the location of their choice with a valid physician order.

Lakeland Center for Outpatient Services	
Address	3900 Hollywood Road St. Joseph, MI 49085
Phone Number	269.556.2800
Hours of Operation	Monday – Friday 6:00 a.m. to 7:00 p.m. Saturday 7:00 a.m. to 1:00 p.m.
Lakeland Hospital, Niles	
Address	31 North St. Joseph Avenue Niles, MI 49120
Phone Number	269.683.5510
Hours of Operation	Monday, Thursday & Friday 6:00 a.m. to 4:30 p.m. Tuesday & Wednesday 6:00 a.m. to 7:00 p.m. Saturday 7:00 a.m. to 1:00 p.m.
Lakeland Hospital, Watervliet	
Address	400 Medical Park Drive Watervliet, MI 49098
Phone Number	269.983.8311 OR 800.513.9193
Hours of Operation	Monday – Friday 6:00 a.m. to 5:30 p.m. Saturday 7:00 a.m. to 1:00 p.m. NOTE: EKG hours are Sunday – Saturday 6:30 a.m. to 8:00 p.m.
Cass Family Clinic <i>(No Radiology Services)</i>	
Address	109 School Street Cassopolis, MI 49031
Phone Number	269.983.8311 or 800.513.9193
Hours of Operation	Monday – Friday 8:00 a.m. to 4:30 p.m.

Lakeland is pleased to offer the option to **schedule** your laboratory or radiology procedure(s) at both the Center for Outpatient Services location and the Lakeland Hospital, Niles location. Scheduled patients are registered prior to their arrival and seen at their scheduled time. **Call 269-556-2810 or 800-791-2810** to make an appointment.

For additional information, visit us online!

Laboratory: www.lakelandhealth.org/lab
Radiology: www.lakelandhealth.org/imaging