

## Stone Prevention Clinic

### 24 hour Urine Collection Instructions

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- Please bring your 1<sup>st</sup> 24 hr urine collection as soon as you are able to.
- Please bring the 2<sup>nd</sup> 24 hr urine collection at least a week after the 1<sup>st</sup> 24 hr urine
- Both (2) 24 hr urine collections must be received one month before seeing the doctor and/ or dietitian.
- Failure to complete the (2) 24 hr urine collections will mean cancellation of the appointment

You need to collect your urine for 24 hours. The purpose is to determine abnormal findings that may be increasing your risks of kidney stones.

**Before you begin the collection, you need to:**

1. Pick up the (2) 24 hour urine container from St. Michael's Outpatient lab. Show the requisitions (Dept Of Clinical Biochemistry Metabolic Analysis) to the outpatient lab to get the (2) 24 hr urine container.
  2. Place the sticker provided with your full name and St. Michaels' identification number (MRN) on the storage container.
  3. Check that you have a St. Michael's lab requisition?
- If your container is not labeled properly, you may be asked to repeat the 24 hour collection.
  - Keep your storage container in the fridge for the entire 24 hour collection and until you bring it back to the Outpatient Specimen lab. If you do not have a fridge, keep it on ice or in a cooler.
  - If you miss a urination during the 24 hour period, the collection has to start over.
  - The urine collection cannot be stored for more than 2 days.

**Just before you start the urine collection:**

- Go to the bathroom and pass urine normally in the toilet (e.g 8am). Do not collect this urine.
- Write the date and time on your storage container.

**The urine collection starts:**

- For the next 24 hours, each time you urinate, you must collect your urine and pour it into the storage container.
- Exactly 24 hours after you pass your urine in the toilet (e.g 8am), urinate 1 more time and put this in your storage container.
- Write the date and time the collection ended on your container.
- This is the end of your collection.

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please turn over 

