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Endocrinology- Metabolism & Nuclear Medicine

24- Hour Urine Collection Instructions

DO NOT collect urine if you are menstruating or have a urinary tract infection. Please call the office at (480) 838-2277 with any questions.

DAY ONE:

- In morning, after you wake up, do NOT collect the first morning urine output.
- Start collecting after that first initial output. You do not have to start fasting yet.
- Continue collecting your urine throughout the day. Still, no fasting is needed as of yet.
- Start fasting at 10:00 PM for your fasting blood test for the following day. That means only water up until the time of your blood draw. Continue to take your medications with water. If your blood test is NOT fasting, then normal food and water intake is appropriate.
- **REFRIGERATE the urine throughout the day.**

DAY TWO:

- Continue to collect urine throughout the night and early morning. If your blood test is fasting, continue to fast.
- In the morning, complete your 24-hour urine collection by collecting your first initial urine output (unlike yesterday morning). Take your collection with you to drop off at the same laboratory when you go in for your blood draw.

NOTE: You must collect & save every drop of urine in 24 hours into the container.