

## **PATIENT INSTRUCTIONS 24-HOUR URINE COLLECTION**

For the proper diagnosis and treatment of your case, your provider has requested a test that requires urine collection over a 24-hour time period. Since laboratory test results are dependent on the quality of the specimen submitted, it is extremely important that this be an accurate and exact 24-hour specimen, and that it be kept refrigerated during and after collection until the specimen is delivered to the laboratory.

Please read these instructions thoroughly before you begin your collection. If you have any questions, please call one of the Banner Health Northern Colorado Outpatient facilities listed on this page.

1. Write patient's last and first name, date of birth, height and weight on the container.
2. Pick a time to start the specimen collection. At this time empty bladder as completely as possible and **DISCARD THIS SPECIMEN.** Document this date and time of voiding as the Begin Date and Time on the 24-hour urine container.
3. Collect all subsequent voided urine for the remainder of the day and night, including the urine passed before having a bowel movement.
4. Keep the specimen refrigerated in between collections.
5. At the end of the 24-hour collection time, empty bladder and **ADD** this to the container.
6. Document this date and time of voiding as the End Date and Time on the 24-hour urine container.
7. Bring the container and any paperwork for this order and patient's insurance card to the Laboratory as soon as possible after the collection is complete.

### **NOTES:**

- The specimen cannot be contaminated with stool because this will greatly affect the results.
- If for any reason a portion of the urine is lost, the results will be invalid. Please start the collection again.

<b>Greeley:</b> Horizon Laboratory at Summit View Med. Commons 2001 70th Avenue Greeley, CO 80634 (970) 810-2542  Mon-Fri: 7:00 am-5 pm Saturday: 7:00 am-Noon	<b>Loveland:</b> Horizon Laboratory at Skyline Center for Health 2555 E. 13th Street, Suite 115 Loveland, CO 80537 (970) 820-6914  Mon-Fri: 7:00 am-5:00 pm Saturday: 7:00 am-Noon	McKee Medical Center Outpatient Laboratory 2000 Boise Ave Loveland, CO, 80538 (970) 820-4133  Mon-Fri 7:00 am -6:00 pm Saturday: 7:00 am-Noon	<b>Windsor:</b> Horizon Laboratory at Banner Health Clinic-Windsor 1300 Main Street Windsor, CO 80550 (970) 810-3120  Mon-Fri 7:30 am-4:30 pm (Closed: 12:30 pm – 1:30 pm)
Horizon Laboratory at NCFM 1600 23rd Avenue Greeley, CO 80634 (970) 810-4162  Mon-Fri*: 7:30 am-4:30 pm (Closed 12:30 pm-1:30 pm) *Tuesday hours-please call to verify	Horizon Laboratory at Banner Health Clinic-Aspen 2923 Ginnala Drive Loveland, CO 80538 (970) 820-4739  Mon-Fri: 7:30 am-4:30 pm (Closed 12:30 pm-1:30 pm)	<b>Fort Collins:</b> Horizon Laboratory at Banner Health Center-Drake 702 W. Drake Road, Bldg A Ft. Collins, CO 80526 (970) 821-4696  Mon-Fri: 7:30 am-4:30 pm (Closed 12:30 pm.-1:30 pm)	<b>Sterling:</b> Horizon Laboratory at Banner Health Clinic-Sterling 102 Hayes Ave Sterling, CO 80751 (970) 526-5393  Mon-Fri 7:00 am-4:00 pm (Closed 12:00 pm – 1:00 pm)
North Colorado Medical Center Outpatient Laboratory 1801 16 <sup>th</sup> St. Greeley, CO 80631 (970) 810-6410  Mon-Fri 7:00 am -6:00 pm Saturday: 7:00 am-Noon	Horizon Laboratory at Banner Health Center-SW 1230 SW 14th Street Loveland, CO 80537 (970) 820-3981  Mon-Fri: 7:30 am-4:30 pm (Closed 12:30 pm-1:30 pm)	Horizon Laboratory at Banner Fort Collins Medical Center 4700 Lady Moon Drive Ft. Collins, CO 80528 (970) 821-4347  Sunday – Saturday 6:00 am-6:00 pm	