

 <p>central peninsula hospital 250 Hospital Place Soldotna, AK 99669</p>	POLICY TITLE: Collection of 24 Hour Urine Specimen	DEPARTMENT: CPGH – Facility Wide CATEGORY: Laboratory Services SECTION: General Laboratory
	POLICY NUMBER: CPGH.700.030	EFFECTIVE DATE: November 2023 Original Date of Policy: GL-505 - 3/90
	AUTHORIZED BY: Laboratory, Medical Director	Revised: CPGH.700.030 – 8/15; (GL-505 - 5/95, 4/97, 12/02, 7/03) Reviewed: 5/95, 4/97, 12/97, 7/99, 7/01, 12/02, 7/03, 10/09, 12/10, 8/11, 8/13, 11/16, 4/18, 2/20, 10/20; 11/21, 11/22, 11/23

- APPLIES TO:** Appropriate collection procedure for 24 hour urine collections
- RESPONSIBILITY:** All laboratory Technologists and Technicians, and Nursing Staff
- DEFINITIONS:** N/A
- POLICY:** All orders for the collection for 24 hour urines will be reviewed by the laboratory to determine the appropriate collection protocol
- PRINCIPLE:** 24-hour urine specimens are required for various types of analysis that require determination of renal output. The use of a 24-hour urine specimen reduces the variability caused by a fluctuation in concentration of constituents to be tested. It must be kept in mind that the accuracy of these results depends largely on proper specimen collection.
- MATERIALS:**
- 24 hour urine container (may require 2)
 - Preservative if indicated
 - Patient Instructions for 24 Hour Urine Collection
 - Plastic urinals, or
 - Plastic urine collection hat
- SPECIMEN:** Urine collected over a 24 hour period
- PROCEDURE:** To establish uniformity, accuracy and minimize confusion all 24-hour specimens should be started between 6:00 a.m. and 8:00 a.m.

NOTE:

5-HIAA requires an additional special protocol. See 24 Hour Patient Instructions for Urine Collection

1. The patient (outpatient), or nursing must contact the lab and determine if a preservative is required for the test requested. (See attached). The lab will prepare the container and clearly mark on the container what preservative in what amount is added. APPROPRIATE WARNING LABELS SHOULD BE APPLIED TO CONTAINER. See example.
2. Give the patient the 24 hour urine container(s) with the preservative added as appropriate, Patient Instructions for 24 Hour Urine Collection and:
 - a. For Males, a urinal
 - b. For Females, a “collection hat”
3. Give a brief verbal description of the steps to be followed in collecting the specimen. Include:
 - c. Timing of specimen
 - d. Warn of any preservative (caustic)

- e. Storage and refrigeration of the specimen
 - f. Importance of collecting ALL urinations
 - g. Warning to not urinate directly into the container
4. It is recommended to begin collecting upon rising in the morning. The bladder must be emptied at the start of the collection process and the urine discarded. It is most important to note the time and date on the container (do not pre-date or pre-time the container).
 5. Collect all urine for the next 24 hours including the first specimen of the next morning. Again, date and time should be noted on the container. Indication of the exact timing period is of utmost importance to the validity of the results.
 6. The specimen should be refrigerated (or on ice), throughout the collection of the specimen and care taken to prevent contamination from stool.

REPORTING RESULTS:

All collections for a 24 hour urine collection must include the volume of urine collected. Patient height and weight is needed for some testing

REFERENCE RANGES:

See individual test protocols for the test ordered

QUALITY CONTROL:

See individual test protocols for the test ordered

LIMITATIONS:

- A full 24 hour collection is mandatory for test accuracy
- If any of the specimen is spilled, the collection should be started over
- An additional urine collection container, with appropriate preservative, should be used to finish the collection if necessary.

REVISION RESPONSIBILITY:

Administrative Director of Laboratory and/or designee(s)

REFERENCES:

Ross, Neely, Textbook of Urinalysis and Body Fluids. Appleton -Century-Crofts, Norwalk, Connecticut; 1982. pgs. 61,135.

Pathology Associates Medical Laboratory, Specimen Collection, 2003