

# How to collect a 24-hour Urine Sample

## Get Ready



## Collection

NorDx 24 <sup>h</sup> URINE	
NAME:	
DATE OF BIRTH:	PRESERVATIVE:
LAB ASSISTANT INITIALS:	MED TECH INITIALS:
COLLECTION STARTED	
DATE:	TIME:
COLLECTION FINISHED	
DATE:	TIME:
Rev 2/18 L1	

## Drop Off Sample Jugs

## Questions and Results

### You should receive:

- A white plastic container to be introduced in the toilet to collect the urine.
- A 24 hour orange jug to store the collected urine - Take care to prevent urine spills and splashes, especially if your jug contains acid.
- **IMPORTANT** Please make sure that you write your first and last name, date of birth and date of collection on the label; the test cannot be performed without this information and the collection will need to be repeated
- **Plan your best day** to collect all urine for 24 hours and return it to a NorDx site. You start on day 1 and finish on day 2.
  - ✓ You must return the jugs to a NorDx site within 6 hours after collecting the final morning sample on day
  - ✓ Most sites are open weekdays, Monday – Friday. A few are open on Saturday. To find hours, sites and directions to sites here: <https://mainehealth.org/nordx/patient-service-centers>
    - **DO NOT start collecting on a Saturday. NorDx sites are closed on Sunday for sample drop-offs.**
- **Collect urine only in the NorDx white plastic container which fits into your toilet and then pour urine into orange jugs.** Be careful when pouring into the jug. Rinse the white container with clean water between each use. Do NOT use any soap or other cleaning materials.
- **As you collect urine in the jug, you must keep them cold.** Store them in a refrigerator, or use a cooler with ice packs. Do NOT put jugs in a freezer.
- **If you are female, you must NOT collect urine during your menstrual period.**

- Step 1:** On day 1 when you first wake up in the morning, pass all of your urine into the **toilet bowl** (not the container or jugs). You'll start using the container and jugs **AFTER** this. At this time **mark your jug label** with your full first , last name, date of birth and the date and time that you urinated into the toilet bowl. This is the start time of your 24 hour urine sample.
- Step 2:** For the rest of the day and night, use the white container to collect the urine and pour into the jugs, in order to collect all your urine. Clean in between with water only.
- Step 3:** On day 2 when you first wake up, collect your final urine sample and pour into the jug.
- Step 4:** Print the date and time of your final sample on all jug labels.
- Step 5:** **Make sure your specimen is properly labeled with your full name, date of birth, date and time of the start of collection and date and time of end of collection.**
- Step 5:** Place the jug into the provided large plastic zip bag.

- **Have you saved ALL urine for 24 hours?** If yes, you're ready to drop off your jugs. If not, if any urine is missing, please contact your doctor.
- **Check that all labels are filled out.** Remember, we need your FULL name, date of birth, date and time when you started the test (urinated into toilet bowl), and date and time of final day 2 sample.
- **Drop off jugs at a NorDx site within 6 hours of taking the final sample.** Samples stay in the refrigerator until you leave your home. If you have a long drive please keep the jugs cold in a cooler with ice packs.
- **Reminder when dropping off you may have to wait to be registered to confirm we have an order, your demographics and insurance information. You may be required to have blood drawn.**

- Questions about these instructions: Call NorDx client support: 800-773-5814
- Questions about why you need this test or about the results: Contact your doctor's office.