

## **Directions for 24 Hour Collections**

- 1. When you wake up, discard first urine of the day.**
- 2. Collect all urine for the next 24 hours in provided jug.**
- 3. Example: if you wake up at 7:00 am discard first urine of the day collect everything for the next 24 hours including the following day's 7:00 am urine.**
- 4. While collecting the urine, keep jug in a cool place, refrigerator, cooler, etc.**
- 5. When collection complete take to lab, with lab orders, and blood will be collected at the time you turn in the urine.**
- 6. Please note do not do collection on a Saturday, because lab will be closed on Sunday.**
- 7. No appointment required for lab, walk in only, average time is 10-15 minutes.**

**Thank you and please call if you have any questions at (901) 767-0101.**