

Dear Patient,

Your physician has asked that you collect a 24-hour urine test. If you have any questions after reading this information, please call 763-689-7920. Read all the instructions before beginning collection.

You have been supplied with a 3000-ml container. Please write your name, date, and time that you started collecting the specimen on the label with a pen or marker that does not run.

CAUTION

The 24-hour urine container may contain a strong acid or other form of preservative. These chemicals may cause burns to the skin and may be harmful if splashed into the eyes or inhaled (see the precautions on the label).

DO NOT empty the preservative out.

Please be cautious when starting this collection.

If there is not a safety label on the container, there is not a chemical in the urine container.

Directions:

1. Void and discard the first urine specimen into the toilet in the morning. Record the precise time.
2. **All** subsequent urine specimens are then saved in the container provided.
3. The last urine specimen should be voided exactly 24 hours after the first. This last specimen should be added to the 24-hour collection.
4. Normal intake of fluids is advised during the collection period. Alcohol, however, should be avoided.
5. The urine container should be refrigerated or kept on ice during the collection period.
6. Return the 24-hour collection to the laboratory clerical window as soon as complete.
7. **Creatinine Clearance requires a blood draw. When you return your specimen, please check with the lab clerk.**

FIRST AID FOR CHEMICALS CONTAINED IN 24-HOUR URINE BOTTLES:

Inhalation: DO NOT INHALE FUMES. If inhalation should occur, move to fresh air. If not breathing, give artificial respiration. If breathing is difficult, give oxygen. Call physician.

Ingestion: DO NOT INDUCE VOMITING. Give large quantities of water or milk if available. Never give anything by mouth to an unconscious person. Get medical attention immediately.

Skin Exposure: In case of contact, immediately flush skin with plenty of water for at least 15 minutes while removing contaminated clothing and shoes. Call a physician.

Eye Exposure: Wash eyes with plenty of water for at least 15 minutes, lifting lower and upper lids occasionally. Get medical attention immediately.

Thank you,

Cambridge Medical Center Laboratory