






How to Collect a 24 Hour Urine Specimen for Creatinine Clearance

<p><b>Labelling the Specimen</b></p>	<p>Label the collection container with:</p> <ul style="list-style-type: none"> <li>Your (the patient) <b>full first and last name, date and time of collection, Provincial Health Insurance (PHN/ULI)</b>, or Government issued identification such as (Federal, Military, RCMP, Immigration, Passport #).</li> <li>If you've been provided with a patient label, attach this label to the outside of the container.</li> </ul>
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<p><b>Lab Requisition</b></p>	<ul style="list-style-type: none"> <li><b>Print</b> the date and time the specimen was collected on your lab requisition</li> <li><b>Fold</b> and place the requisition in the <b>outside</b> pocket of the resealable bag. <b>Do not</b> put the requisition in the bag with the specimen collection container.</li> </ul>
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<p><b>Collecting the Specimen</b></p>	<ul style="list-style-type: none"> <li><b>Throw out</b> your first morning urine specimen. Make sure your bladder has been completely emptied. Write this time and date on the collection bottle label. This is the <b>START TIME</b>.</li> <li>Begin collecting urine specimens in the bottle the <b>next</b> time you urinate (pee). Urinate into a clean dry plastic container and transfer the urine to the bottle. A disposable container called a "hat" can be provided. This is placed under the toilet seat to collect the urine.</li> <li>Save all the urine from each time you urinate for the complete 24 hour period. Close the lid securely and gently mix or invert the bottle after each urine specimen</li> <li>Collect the <b>last</b> urine specimen 24 hours after your <b>START TIME</b>. Try to collect a urine specimen at this time even if you do not feel the urge to urinate. Write this time and date on the collection bottle label. This is the <b>FINISH TIME</b>.</li> <li>If you try to urinate at the <b>FINISH</b> time but cannot produce any urine, this is still an acceptable 24 hour urine specimen. Write this as the finish time on the label.</li> <li>Put the bottle in a plastic bag and keep in a cool dark place (<b>e.g. refrigerator</b>) during <b>the time you are collecting and until you bring it to the laboratory</b>.</li> </ul>	<div style="border: 1px solid black; padding: 5px;"> <p><b>EXAMPLE:</b></p> <p><b>First Sample</b> = 7:00 a.m. → <b>Throw out</b>   Write time and date on label beside <b>START TIME</b>.</p> <p><b>Second sample</b> → Collect and pour entire urine sample into the bottle given to you by the laboratory. </p> <p>Continue collecting and saving <b>all</b> urine samples for the complete 24 hour period. Close lid securely and gently mix or invert the bottle after each urine sample is added.</p> <p><b>Last Sample</b> = Next day at 7:00 a.m. → this is the last urine sample. Collect and pour into the bottle. Write time and date on the label beside <b>FINISH TIME</b>.  </p> </div>
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**IMPORTANT:** If one of the urine specimens is thrown out by mistake and not added to bottle, the test must be started over. Call the laboratory at 403-770-3600 for further instructions.

**NOTE:** A blood specimen will be collected for this test at time of urine container drop-off. CLS encourages you to make an appointment to avoid being processed as a walk-in patient. To book an appointment please go to [www.calgarylabservices.com](http://www.calgarylabservices.com).

<p><b>Specimen Delivery to Lab</b></p>	<ul style="list-style-type: none"> <li>Complete the date and time the specimen was collected on the requisition, under the 24 HR urine column.</li> <li>Bring the bottle and requisition to the laboratory the same day the test is finished. Hand both of them to one of the laboratory staff; do not just leave them on the counter.</li> <li>If the collection is done on a weekend, bring the bottle and requisition to one of the laboratories that is open on the weekend (see back of requisition). Monday morning is okay if the bottle is kept cool</li> </ul>
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