

How to Collect a 24 Hour Urine Specimen for Creatinine Clearance

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| Labelling the Specimen | <p>Label the collection container with:</p> <ul style="list-style-type: none"> Your (the patient) full first and last name, date and time of collection, Provincial Health Insurance (PHN/ULI), or Government issued identification such as (Federal, Military, RCMP, Immigration, Passport #). If you've been provided with a patient label, attach this label to the outside of the container. |
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| Lab Requisition | <ul style="list-style-type: none"> Print the date and time the specimen was collected on your lab requisition Fold and place the requisition in the outside pocket of the resealable bag. Do not put the requisition in the bag with the specimen collection container. |
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| Collecting the Specimen | <ul style="list-style-type: none"> Throw out 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 START TIME. Begin collecting urine specimens in the bottle the next 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. 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 Collect the last urine specimen 24 hours after your START TIME. 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 FINISH TIME. If you try to urinate at the FINISH time but cannot produce any urine, this is still an acceptable 24 hour urine specimen. Write this as the finish time on the label. Put the bottle in a plastic bag and keep in a cool dark place (e.g. refrigerator) during the time you are collecting and until you bring it to the laboratory. | <div style="border: 1px solid black; padding: 5px;"> <p>EXAMPLE:</p> <p>First Sample = 7:00 a.m. → Throw out Write time and date on label beside START TIME.  </p> <p>Second sample → Collect and pour entire urine sample into the bottle given to you by the laboratory. </p> <p>Continue collecting and saving all 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>Last Sample = 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 FINISH TIME.  </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.

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| Specimen Delivery to Lab | <ul style="list-style-type: none"> Complete the date and time the specimen was collected on the requisition, under the 24 HR urine column. 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. 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 |
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