

**24-Urine
Collection**
Des Moines
Laboratory

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Your physician has requested a test that requires you to collect all of your urine for 24 hours.

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Specimen Collection Instructions

1. Your physician will give you a special 2-quart, 24-hour urine container to use for the test. Containers are also available at any MercyOne Des Moines Laboratory satellite lab.
2. Start the test on a day that you will be able to save all of your urine. You may want to do this on a day that you are at home. Many patients have found that they can do their collection at work also.

It will depend on your comfort level. However, all of your urine must be collected for 24 hours.
3. Begin by emptying your bladder in the toilet. DO NOT save this urine. Write the date and time on the 24-hour urine container.
4. The next time you urinate, save the specimen. Save all urine for the next 24 hours. Females may find it easier to urinate in a separate container and then pour the urine into the 24-hour urine container.
5. Exactly 24 hours after step #3, empty your bladder and save this urine in the 24-hour container.

You are finished with your urine collection.

6. Keep the 24-hour urine container refrigerated during collection and until it is delivered to your clinic or a MercyOne Des Moines Patient Service Center. If you need the location or hours of a MercyOne Patient Service Center near you, please call 515-247-4439.

It is very important your specimen is labelled and you bring your physician's orders or a MercyOne Des Moines Laboratory test request with you.

Some 24-hour urine tests also require a blood sample to be drawn when the urine test is completed. Please check with your physician.

When you drop off your urine sample, you may need to wait a few moments at the clinic for a blood draw.

Most tests will be performed at MercyOne Des Moines Laboratory and results will be available at your physician's office in one to two working days.

Some tests however, are sent to specialized laboratories out of state. It may take up to one week to obtain results. If you have questions about your laboratory results, please contact your physician.

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**If you have questions concerning
where to deliver your specimen,
please call MercyOne Des Moines
Laboratory customer service at
515-247-4439**

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Des Moines Laboratory
1111 6th Avenue
Des Moines, IA 50314

[MercyOne.org/desmoineslab](https://www.mercyone.org/desmoineslab)