

Collection Information

- No Alcohol During Collection
- Is your container filling up too fast?

To get an additional container, contact the Laboratory at 805-879-8100.

Do not use your own personal container.



Set an alarm for the end of your 24 hour collection and empty your bladder into the container one last time.

- If you do not need to urinate at that time, *don't worry!*
- Just write down the time as your end time and your collection is complete!

Your end time should match the time you started, exactly 24 hours later.

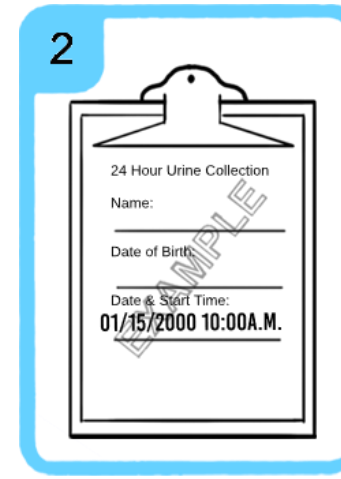


When you wake up in the morning, urinate into the toilet and flush your first urine of the day.

Note the time.
(This is your **START TIME**)

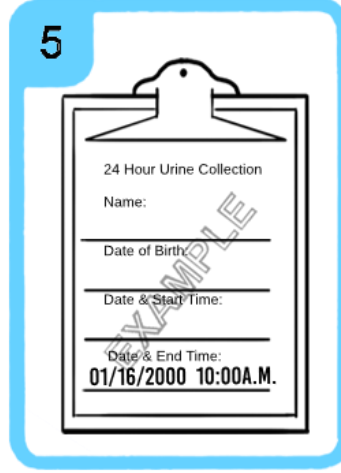


Keep the container in the refrigerator or in a container surrounded by ice during the entire collection.



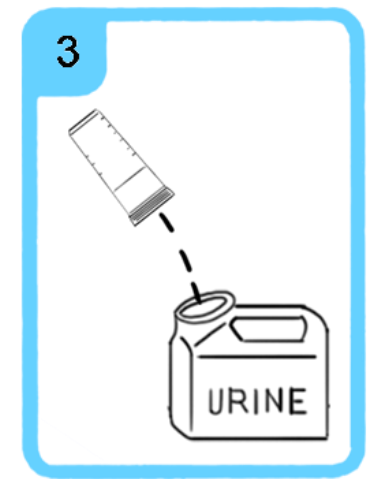
Record the Date and Start Time on the container collection label.

You will begin collecting all your urine after your first urination (Step 1).



After 24 hours of collection, record the date and time as the **STOP TIME**.

(This time should be exactly 24 hours after your first urine sample was flushed in Step 1)



Over the next 24 hours, collect all of your urine in the collection container each time you urinate.



Once the urine collection has been completed, the containers need to be taken to the laboratory as soon as possible.

Keep the container cold until it is delivered to the lab.