

# 24-hour urine collection instructions

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Your doctor has ordered a test that requires collecting all urine for 24 hours.

## WHAT YOU NEED

- A special 24-hour urine container (provided by your doctor or any MercyOne Des Moines Lab location and PSCs).

## STEPS

1. **Choose a day** you can collect all urine (home or work).
2. **Start by emptying your bladder in the toilet** — do NOT save this urine. Write the date and time on the container.
3. **Collect every urine sample for the next 24 hours** in the container. (Tip: Women may use a separate specimen collection hat and pour into the main one.)
4. **Exactly 24 hours later**, empty your bladder and add this final sample to the container.
5. **Keep the container refrigerated** during collection and until delivery.

## AFTER COLLECTION

- Bring the container, your doctor's orders or a MercyOne lab request form to your clinic or a MercyOne Patient Service Center.
- Some tests also require a blood draw when you drop off your urine — plan for a short wait.
- Most results are ready in 1–2 business days; some specialized tests may take up to a week.



**Call 515-247-4439 for  
questions or find locations at  
[MercyOne.org/DesMoinesLab](https://www.mercyone.org/DesMoinesLab)**