

24-hour urine collection instructions

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