



DIRECTIONS FOR A 24-HOUR URINE SPECIMEN

1. Begin the 24 hour process in the a.m. on Sunday, Monday, Tuesday, Wednesday, or Thursday.
2. Flush your first urine specimen (do not put it in the jug!)
3. Collect all other specimens in the jug for 24 hours from the time you flushed the first specimen.
4. Keep the jug of specimens cool (on ice in a cooler or in a refrigerator).
5. As soon as possible following the 24 hour collection period, return the jug to our Lab between 7:30 am-5:00 pm Monday-Friday. (If 24-hour period ends Friday a.m., bring jug in that day.)

Check with the Lab when returning your jug to see if Blood Work is also required.



DIRECTIONS FOR A 24-HOUR URINE SPECIMEN - *WITH ACID ADDITIVE*

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***ATTENTION MEN - Do not urinate directly into the jug.
Use the urine hat to collect specimen then pour it into the jug.***