

## **24 Hour Urine Collection Instructions**

1. Discard first morning's urine.
2. After discarding the first specimen, every specimen after that should be collected for a 24-hour period.
3. The following morning you need to collect that first morning specimen. Then you are done collecting.
4. Bring the urine to the laboratory.

**All urine specimens should be kept refrigerated at all times**

If you have any questions contact Dr. Lassman or Dr. Diez's office at (860) 247-2137