

LABORATORY SERVICE LOCATIONS

These are our outpatient laboratory collection centers where you can drop off your sample

MAIN CAMPUS

Ambulatory Care Center (ACC)
Laboratory Service
111 Colchester Avenue
Main Pavilion, Level 2 (Orange Level)
Burlington, VT 05401

1 SOUTH PROSPECT

Laboratory Service
1 South Prospect Street
First Floor Lobby (Street Level)
Burlington, VT 05401

FANNY ALLEN CAMPUS

Medical Office Building
792 Colchester Parkway, First Floor Street Level
Colchester, VT 05446

ADULT PRIMARY CARE WILLISTON

Laboratory Service
353 Blair Park Road
Williston, VT 05495

FOR MORE INFORMATION

For routine hours and directions please visit
UVMhealth.org/MedCenterDrawSites

or call us

PHONE

(802) 847-5121
(800) 991-2799

Your physician has asked you to provide a 24-hour urine specimen. Please read the following instructions before beginning your collection.



24-Hour Timed Urine

Collection Instructions for Patients



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Patient Instructions

- You should have a laboratory order form from your physician identifying the test(s) requested.
- unless your physician has specified otherwise, maintain a normal diet and fluid intake before and during collection. If your physician has not pre-labeled your 24 hour timed urine collection container with a sticker identifying your full legal name, and date of birth, please fill out the sticker provided on the jug.
- Be sure the white cap is securely screwed on the top of the jug.
- Keep the 24 hour timed urine jug in an upright position at all times.
- This 24 hour timed urine jug may contain a preservative that is required to do the test. There may be a hazard sticker as well as a sticker identifying the hazard attached to the jug.
- **Do not urinate directly into the container**
- Use the hat provided, or urinate into a clean container and carefully pour the urine into the jug.
- Keep the jug out of reach of children.
- Keep the jug in a cool place during collection, refrigerate or place in a cooler with ice. Do not freeze.
- Do not store urine in any container other than the one given to you by your health care provider.
- All 24 hour timed urine samples should be delivered to the lab within 12 hours of completion of collection.

DO NOT COLLECT A 24 HOUR TIMED URINE UNDER THE FOLLOWING CIRCUMSTANCES:

- Menstrual Period
- Urinary Tract Infection
- Strenuous Exercise

Failure to follow these instructions may result in the need to recollect the sample.

Beginning Collection

Collection period begins when you get up in the morning and urinate directly into the toilet.

Record the date and time on the collection form.

COLLECTION START

Date: ___/___/___ Time: ___:___ AM / PM

- Your next urination is your first collection.
- Collect and save all urine passed for the next 24 hours.

COLLECTION END

Your final collection should be approximately 24 hours from the start of collection. Collect your first urination in the morning. If you are unable to void at this time collect a specimen as soon as possible. Record the date and time on the collection form.

Date: ___/___/___ Time: ___:___ AM / PM

- If you have collected more than one container, indicate this on the collection form.
- Refrigerate or keep in a cold cooler until delivery to lab.
- All 24 hour timed urine samples should be delivered to the lab within 12-hours of completion of collection.

After Collection

PACKAGING URINE FOR TRANSPORT



- Be sure sample is labeled with your full legal name and date of birth.
- Be sure the cap is secure on the top of the jug.
- Put the jug into the large inner sleeve of the zip lock bag provided.
- Keep the jug upright.
- Put the laboratory order provided by your physician in the outer sleeve.

SAMPLE DELIVERY TO LAB

You can drop your sample off at any of the patient service centers listed on the back of this guide.

To drop off a sample outside of our regular laboratory services open hours, stop by the Main Campus information desk, inside the front entrance on Level 3 (street level), and a laboratory technician will be contacted.

CREATININE CLEARANCE

If your doctor has ordered a Creatinine Clearance test you will also need to have a blood sample collected within 5 days of your 24 hour timed urine collection.

February, 2019