

## Orthostatic Protein Measurement 24-Hour Urine: Patient Collection Instructions

To achieve the most accurate measurement, it is important that you understand and follow the instructions below. Read all the instructions before you begin your urine collection. **If you have questions after reading this information**, call the Mayo Clinic Collection Laboratory at 507-284-3080, Monday–Friday 6:30 am to 5:30 pm, and Saturday from 7:00 am to 3:00 pm.

### Urine Collection Instructions

- This collection process requires two separate collection bottles within a 24-hour period. One container should be marked “Daytime” and the other “Nighttime”.
- The daytime collection begins after the **first-morning** void and continues for 16 hours.
- The nighttime collection begins at the end of the daytime collection period and ends 8 hours later with the **first-morning** void.

**Record your start and stop times in the box provided. When collection is complete, return this information, along with your urine to the collection site.**

Patient Name <i>(First, Middle, Last)</i>		Birth Date <i>(mm-dd-yyyy)</i>
<b>Daytime Collection</b>		Daytime Volume
Start Date _____	_____ am	
Stop Date _____	_____ pm	
<b>Nighttime Collection</b>		Nighttime Volume
Start Date _____	_____ am	
Stop Date _____	_____ pm	

### Daytime Collection

- You must begin the collection process with an empty bladder.
  - Start the daytime collection period (approximately 16 hours) as soon as you get up.
  - Empty your bladder. **Do not save this urine**; it accumulated in your body before the collection period began.
  - Record your start time immediately after you empty your bladder.
  - Collect all the urine you pass during the next 16 hours in the daytime collection container. To collect your urine, a plastic cup may be provided or use a clean paper cup or a glass container. **Do not use a metal container.** You may rinse the collection cup with tap water after each use.
  - Store the urine at room temperature.
  - In the evening (hour 14), lie down for 2 hours before you go to sleep. After these 2 hours, empty your bladder and add this urine to the daytime bottle. **Note:** Lying down for two hours before the nighttime collection is important for an accurate test.
  - Record the stop time.

### Nighttime Collection

- Record the start time (should be the same as the end time of daytime collection).
- During the remainder of the night, collect all urine in the nighttime bottle.
- Upon awakening in the morning (8 hours), empty your bladder; add this first-morning urine to the nighttime bottle.
- Record the stop time. Your urine collection is completed.

**On the day you complete your 24-hour urine collection, deliver the 2 bottles and this document with the start and stop times to your doctor’s office, collection site, or local hospital laboratory.**