



***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 507-284-2525, Monday–Friday 6:30 am to 5:30 pm, and Saturday from 7 am to 3 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>
Daytime Collection		Daytime Volume
Start Date _____	_____ am	
Stop Date _____	_____ pm	
Nighttime Collection		Nighttime Volume
Start Date _____	_____ am	
Stop Date _____	_____ pm	

Daytime Collection

1. You must begin the collection process with an empty bladder.
 - A. Start the daytime collection period (approximately 16 hours) as soon as you get up.
 - B. Empty your bladder. **Do not save this urine**; it accumulated in your body before the collection period began.
 - C. Record your start time immediately after you empty your bladder.
 - D. 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.
 - E. Store the urine at room temperature.
 - F. 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.
 - G. Record the stop time.

Nighttime Collection

1. Record the start time (should be the same as the end time of daytime collection).
2. During the remainder of the night, collect all urine in the nighttime bottle.
3. Upon awakening in the morning (8 hours), empty your bladder; add this first-morning urine to the nighttime bottle.
4. 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.