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Specializing in the treatment of: diabetes, thyroid disease, osteoporosis, lipid, adrenal and pituitary disorders

How to perform a 24-Hour Urine Collection

- 1. Bring slip to lab and pick up empty jug. Ask at the lab if the sample needs to be refrigerated.**
- 2. Choose a day that will give you most flexibility and privacy (many people choose Sunday)**
- 3. Upon awakening, discard the first urine sample (Day #1).**
- 4. Collect all urine the rest of that day, night and include the first urine sample the next morning (Day #2).**
- 5. Return jug to the same lab that gave you the jug.**
- 6. Depending on what is being measured, it may take up to a week or longer for your clinician to have the final results.**