

## Split (Supine/Upright) 24-Hour Urine Collection

The accuracy of this test depends upon the accuracy with which the specimen is collected.

1. Start the 24-hour period when you first awake, urinate and discard (throw-away) this specimen.  
**Note the time.**
2. The rest of the day, collect all urine by urinating into a clean container and transferring it into the daytime urine jug. **Do not urinate directly into this container.**
3. In the evening, lie down for two hours before you go to sleep. Just before sleeping, go to the bathroom for the last time and add this urine to the daytime jug. (Lying down for two hours helps to avoid mixing urine made at night with urine made during the day.)
4. If you need to go to the bathroom during the night, be sure to collect this urine and put it in the nighttime urine jug.
5. The next morning (approximately eight hours after going to sleep) collect the first morning urine and put in the nighttime urine jug.

**Refrigerate** throughout the entire collection period and until ready to return to the specimen to the laboratory.

**Label both containers** with patient's full legal name, patient's height, patient's weight, date and time of collection.

If you have any questions or concerns on how to collect these specimens, please contact Parkview Health Laboratories at (260) 266-1500 Option 1.