

24-hour Urine Collection

Your child's doctor has asked for a 24-hour urine sample. It is done to check how much of a substance is in your child's urine over a 24-hour period.

How do I collect my child's urine?

Gather the supplies:

- A disposable urinal or bedpan if your child is not able to use a toilet.
- A 24-hour collection bottle. This bottle comes from the laboratory, clinic or doctors office. If preservatives are needed, they will be put in the bottle before it is given to you. Keep the bottle away from children; the preservatives may be dangerous!
- A toilet "hat" if your child uses the toilet. This is a plastic container that fits under the seat of a toilet. When your child uses the toilet, the hat collects the urine. You will pour the urine from the hat into the collection bottle.

Follow these steps:

1. Choose a day to do the urine collection.
2. When your child wakes up in the morning, have your child urinate (pee). **Do not collect this urine.** Your child's bladder should be completely emptied. Flush this urine down the toilet. This is the start time. **Write down this time and date on the 24 hour bottle.**
3. The next time your child urinates, start collecting the urine. For the next 24 hours, all urine must be collected every time your child urinates, even at night.
 - a. If your child uses the toilet, be sure the hat is in place. Put the hat on the porcelain part of the toilet. Lower the toilet seat into place. Your child can urinate right into the hat. Make sure any toilet paper used **does not go** into the hat. Pour the urine into the 24-hour bottle as soon as you can.
 - b. If your child uses a disposable urinal, the hat is not needed. Urine can be collected right in the urinal. Pour the urine into the 24-hour bottle as soon as you can.
 - c. If your child needs to have a bowel movement, ask your child to urinate first and save the urine. If the urine is contaminated with stool, the collection may need to be started over again. **If this happens, call your child's doctor or the laboratory.**
 - d. Be careful when you pour the urine into the 24-hour bottle. If you spill or splash the urine, estimate how much urine was lost. Call your child's doctor or the laboratory to see if the collection needs to be started over again. Splashing is also a danger since the preservatives may be harmful to the skin and eyes. If anyone gets splashed, wash the skin or flush the eyes with water. Call your child's doctor right away.

Steps (continued)

- Once urine is poured into the 24-hour bottle, put the bottle in your refrigerator. Do not let the bottle sit out and get warm. This will affect the test results. The bottle should be taken from the refrigerator only to add more urine. It is okay to put the bottle into a large plastic bag while it is in the refrigerator to keep it away from food.

Alert! If there are preservatives in the 24-hour collection bottle, they are dangerous. A “Mr. Yuk” sticker on the bottle is a reminder that the contents of the bottle are dangerous. Be sure that your child and others in your family know what a “Mr. Yuk” sticker looks like. Tell them that this means to keep away from the contents of the bottle.



- When it is 24 hours after starting the collection, ask your child to urinate one more time. Collect this urine and add it to the bottle. Write down the date and time on the bottle as the end time for the collection.
- Take the 24-hour bottle back to the laboratory as soon as you can when the collection is done. Keep the bottle in your refrigerator until you are ready to take it to the laboratory.

Special information

- If your child still has accidents or wets the bed (incontinence), please talk with the doctor. You may have to follow a different process.
- If the urine collection is for creatinine clearance, blood will be drawn sometime within the collection period. Your child's height and weight is needed to figure out the results.

It is very important to collect all urine in the collection period. If your child misses collecting any urine in the 24 hour period, you will need to empty the container and start again another day. If the container has a preservative, you will need a new container before starting over.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.