



IRONWOOD UROLOGY *A DIVISION OF IRONWOOD PHYSICIANS, P.C.*
Kevin R. Bigelow, M.D. Desiderio Avila Jr., M.D.

24 HOUR URINE COLLECTION

1. THE DOCTOR WILL PROVIDE YOU WITH THE CONTAINER NECESSARY FOR THE COLLECTION.
2. PERFORM THE COLLECTION SO THAT IT IS COMPLETED ON A WEEKDAY. START THE COLLECTION ANY DAY FROM SUNDAY THROUGH THURSDAY IN ORDER TO COMPLETE THE COLLECTION ANY DAY MONDAY THROUGH FRIDAY.
3. THE COLLECTION CONTAINER MUST BE KEPT COLD. THIS CAN BE ACCOMPLISHED BY KEEPING IT IN THE REFRIGERATOR OR BY PLACING AN ICE CHEST OR COOLER IN THE BATHROOM.
4. DO NOT ADJUST YOUR FLUID INTAKE DURING THE COURSE OF THE COLLECTION. WE WANT TO ENSURE THAT THE URINE COLLECTED IS INDICATIVE OF YOUR NORMAL DAILY FLUID INTAKE.
5. WHEN YOU AWAKEN ON THE DAY THAT YOU ARE GOING TO START YOUR COLLECTION, GO TO THE BATHROOM, VOID INTO THE COMMUNE AND FLUSH THE WATER. THEREAFTER, EVERY DROP OF URINE YOU MAKE, ALL DAY LONG, ALL NIGHT LONG, AND THE FIRST MORNING SHOULD BE SAVED AND COLLECTED IN THE CONTAINER. IN SHORT, DISCARD THE FIRST MORNING SPECIMEN. THEREAFTER, SAVE EVERY DROP OF URINE YOU MAKE FOR THE FOLLOWING 24 HOURS INCLUDING THE NEXT MORNING'S SPECIMEN.
6. BRING THE URINE CONTAINER BACK TO YOUR DOCTORS OFFICE. PLEASE KEEP IT COLD UNTIL THE TIME IT LEAVES YOUR HOUSE. WE WILL CONTACT YOU WHEN THE RESULTS ARE AVAILABLE TO US AND WILL DISCUSS ANY FURTHER THERAPY THAT MIGHT BE NECESSARY.

PLEASE REVIEW THESE INTRUCTIONS CAREFULLY. IF YOU HAVE ANY QUESTIONS, DO NOT HESITATE TO ASK SO THAT WE MAY ENSURE A COMPLETE AND ACCUARTE TEST.

**4633 East Chandler Blvd • Suite 100 • Phoenix, Arizona • 85048
(480) 961.2323 • Office (480) 961.2325 • Fax**