

INSTRUCTIONS FOR COLLECTING A 24-HOUR URINE SPECIMEN

1. This specimen can be collected up to one week before before submission to the laboratory.
 - Be sure to continue all your calcium supplements, vitamins and dietary calcium to ensure that this collection properly reflects your calcium intake (*unless your physician has given you specific instructions to do otherwise*).
2. On the morning of the collection day, rise at your usual time and discard the first urine (this urine is from the night before). Start the collection from this point on.
3. Collect all the urine you make through the day and night. End the collection with the first morning urine of the following day when you wake up.
4. Store the urine in a clean plastic bottle of at least 2 liters or a half-gallon in volume. A mineral water bottle is satisfactory. Do not use an empty milk container.
 - Most labs prefer that you use their bottle for collection (therefore you may want to visit a **Quest lab** center to pick up a specimen bottle to ensure lab results (call **1-800-631-1390** to locate a center near you; for **Labcorp** call: **1-888-522-2677**). Request two bottles if you drink 8 or more cups of fluid a day).
5. Please label the container with your name and the doctor's name. When complete, refrigerate the specimen until you bring it into the lab, particularly if more than one day will elapse. The specimen will keep for approximately one week.

INSTRUCTIONS FOR COLLECTION OF THE SECOND VOIDED URINE OF THE DAY

You will be collecting a “spot urine” specimen, specifically the second urine you void in the morning. Here are specific instructions:

1. The first urine you void in the morning (i.e., when you first get out of bed) should be discarded.
2. Collect the sample the next time you urinate. You do not need to collect the entire specimen: 2-3 ounces (about 1/3 cup) is adequate. Store it in a clean, dry bottle made of clear plastic or glass (a soft-drink or “Snapple” bottle is fine) until you bring it to the lab.
3. Keep the specimen in the refrigerator if more than several hours will elapse prior to submitting it.
4. If you take supplements such as glucosamine, chondroitin or “shark cartilage” please **STOP** taking these at least 3 days before you collect your urine for this test.