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<b>Subject:</b>	PROCEDURE FOR TIMED URINE COLLECTIONS				
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## PROCEDURE FOR TIMED URINE COLLECTIONS

1. Properly label a wide-mouthed, chemically clean, container and give it to the patient.
2. The collector should verbally instruct the patient to empty his or her bladder completely. The voided urine should be discarded, and this exact beginning time of collection should be recorded on the bottle.
3. Tell the patient:
  - that the collection of the urine should occur before a bowel movement because the fecal material will make the specimen unacceptable for collection.
  - not to add anything except urine to the container.
  - not to discard any urine.
  - to drink a normal amount of fluids unless otherwise indicated by the physician.
4. If special diet restrictions are indicated due to special laboratory tests ordered, give the written restrictions to the patient. Review the restrictions with the patient.
5. Urine is an ideal culture medium for microorganisms that decompose chemical constituents; thus, the urine specimen should be refrigerated between collections.
6. Collect all remaining urine, including the last one, which should occur at the end of the timed period. Record the ending time of collection on the bottle.
7. The urine specimen should be transported to the clinical laboratory as soon as possible. Transport the specimen in an insulated bag or portable cooler to maintain the cool temperature.