By having you collect urine for 24 hours, your doctor can get an idea of the amount of protein you are leaking each day. Protein in the urine (proteinuria) is a sign that your kidneys are not filtering correctly (since protein should stay in the blood).

24 Hour Urine Collection

Your doctor will provide you with a special collection container and instructions, but here are some general things to keep in mind:

- Generally, 24-hour urine collection starts in the morning, right after your first bathroom break of the day (don’t collect that one, but do start the clock).
- It is important not to skip any collection opportunities within the 24 hour period. Also, try to collect all of the urine you can, including your first void the next morning.
- You can collect on the go using any clean wide-mouth container stored in a bag of ice.
- Keep your collection container cold in the fridge or on ice and return it promptly according to the instructions provided by your doctor.
- Be sure to ask about any diet changes your doctor may recommend (or not) during your 24 hour collection as some things may interfere with the test results.

Note: A 24-hour urine test is more frequently requested in adults. In children, a single urine for protein creatinine ratio is used as a substitute.