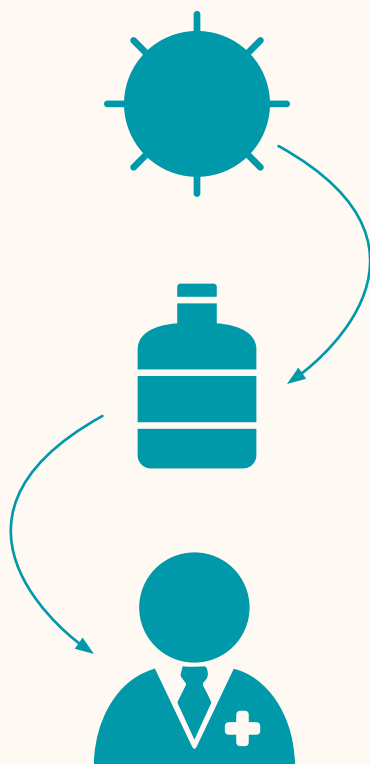




24 Hour Urine Collection

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).



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.