Let's Talk About...

24-hour urine test

A 24-hour urine test is a way for your child's doctor to get information about how well your child's kidneys are working. The kidneys filter out waste products from the body. When the kidneys do not work properly, too much protein, calcium, and creatine leak into the urine (pee). The 24-hour urine test measures these in the urine.

How do I collect the urine sample?

Go to the lab to get a urine container. The prescription from your doctor tells the lab what to give you. Make sure the container says it is for the 24-hour urine test. Start the test so the next day is a weekday. That means you can start the test on Sunday, Monday, Tuesday, Wednesday or Thursday. This is so the urine is ready to bring to the lab on a weekday.

The morning of the test

1. Have your child empty her bladder. Do not save the urine. Write down the time.
2. From that time on, collect all your child's urine in a clean jar. Pour the urine into the collection container. Put the container in the refrigerator. If you do not collect all of your child's urine, you must start over the next day.

The next morning

1. Exactly 24 hours after you started, have your child urinate (pee) into a clean jar. Add it to the collection container.
2. Take the collection container directly to the lab. You may also keep the container cool or on ice until you can get to the lab.
3. If the urine is being tested for creatine, take your child to the lab with you. This is because she will have to have a blood test at the lab when you deliver the urine.

Remember...

- Collect all your child's urine. If you forget, you must start over.
- Keep the urine refrigerated during the collection period.
- Make sure you finish the 24-hour collection before 9 a.m. on a weekday.
- Your child's test results will be ready in three to five days.

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