24-hour urine test

A 24-hour urine test helps measure what’s in your child’s urine and see how well the kidneys are working. The kidneys filter out waste products from the body. When they don’t work right, your child’s urine has too much protein, calcium, and creatinine (a chemical from muscle tissue). To measure these waste products in your child’s urine, you will collect it for 24 hours at home.

What do I need to collect my child’s urine at home?
Your healthcare provider will order a 24-hour urine collection test from the lab. You will get the urine container from the lab to collect your child’s urine. Make sure that when you get the container, it is for a 24-hour urine test.

How do I prepare for my child’s 24-hour urine test?
1. Start collecting the urine in the morning, if possible.
2. Make sure you’ll stop collecting urine on a day when you can take the collection in and the lab is open. Many labs are only open certain hours during the week. Don’t start the test on a Friday, Saturday, or day before a holiday without confirming that the lab will be open.
3. Don’t change your child’s eating habits during the collection unless their healthcare provider tells you to.
4. Don’t have your child drink more or less liquid than usual unless their healthcare provider tells you to.
5. Continue giving your child their medicines unless their healthcare provider tells you not to.

How do I collect my child’s urine?
1. Write your child’s name and birthdate on the container.
2. Have your child empty their bladder into the toilet, and do not save this urine. This is the start time of the test. Write the date and time on the urine container.
3. From that time on, collect all your child’s urine in the 24-hour collection container. If your child can’t urinate directly into the container, have them urinate in another clean container and then transfer the urine to the lab container. If your child urinates and you forget to add it to the container, you must empty any urine you’ve already collected and start over the next day.
4 Keep the urine container in the fridge once you've started collecting it.

5 Exactly 24 hours after you started collecting the urine, have your child urinate and add this last collection to the urine container. Write the date and time on the container as the end time. It may be hard to collect urine from some children at exactly the 24-hour mark. It's most important that the start and end times are accurate. If you can't collect your child's urine exactly 24 hours after you started collecting it, get the last sample as close to that time as possible. Then record the actual collection time on the container.

6 Take the 24-hour urine container to the lab as soon as possible on the day you stop collecting it. If the urine will be unrefrigerated for more than 30 minutes while you drive to the lab, put the container on ice to keep it cool.

7 If a provider is testing the urine for creatinine, take your child to the lab with you. They must also have a blood test at the lab when you deliver the urine.

When will I know the 24-hour urine test results?

Your child’s test results will be ready in 3–5 days. If you have any questions, contact your child’s healthcare provider or the lab.