



24 Hour Urine

Why is it important to collect a 24 hour urine?

This test is the best way to measure urine protein.

How do I properly collect a 24 hour urine sample?

The NEPTUNE study (or your medical center) provides specific instructions for participants. In general, 24 hour urine collection is started in the morning.

- ◆ Do NOT save the first urine of the day, but mark this as your START time.
- ◆ Save all urine for the next 24 hours in the provided bottle.
- ◆ The last urine sample should be as close to the start time as possible and MUST be saved.
- ◆ Keep the bottle in the refrigerator or on ice until your research appointment.

What if I need to collect a urine sample while away from home?

If you need to leave your house for several hours, take a backpack with clean wide mouth containers (such as a sports drink bottle) and a large plastic zip-top bag of ice. After collecting your sample in the container, store it on ice in the zip-top bag. Upon returning home, transfer your stored samples to the provided urine storage container.

What happens if I miss collecting a urine void?

For the 24 hour urine test to be accurate, all urine voids must be collected. Let your study team member know if you missed one or more samples.

How do I transfer my urine sample to the research visit?

Be sure the lid of your urine collection container is on tight to avoid leaks. If it is warm out, please use ice or a cooler to preserve the sample during transportation.

How far in advance can I collect my 24 hour urine sample?

The urine sample can be collected up to 4 days before your scheduled research appointment, as long as it is preserved on ice.