



Timed Urine

What is a timed urine?

A timed urine is a urine sample that is collected over a length of time. 24 hours is the gold standard, but may not be realistic for everyone. Instead, collect urine for as long as possible (not exceeding 24 hours) with accurate documentation of the start and end time.

How is a timed urine properly collected?

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

- ◆ Do NOT save the first urine of the day, but mark this as the START time.
- ◆ Save all urine for as long as possible (not exceeding 24 hours) in the provided bottle.
- ◆ Note the time that the last urine void was collected and mark this as the END time.
- ◆ 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.

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

Be sure the lid of the 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 the timed urine sample?

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