Orthostatic “Split” 24 hour Urine Instructions

These instructions are for an orthostatic split 24 hour urine collection. You will need to pick up two urine collection jugs from a lab. You may also need a collecting hat to catch the urine in the toilet. Do not mix the two urine collections.

Collecting the Daytime Urine

- When your child first wakes up, he should urinate (void) in the toilet and flush it. This is the collection start time.
- Write this time on the jug and label it “Daytime”.
- Use this daytime jug for all the urine your child collects after the first morning void through bedtime that night.
- Your child should void one last time before going to bed. Record this as the end time for the daytime jug. (Write it on the jug). Write this same time on the nighttime jug. This is your start time for the nighttime collection.

Collecting the Nighttime Urine

- The “Nighttime” jug is used to collect the first morning void of urine on the next day. This is your stop time. Write this time on the Nighttime jug.
- If your child voids during the night, collect this urine in the nighttime jug.
- The volume in the nighttime jug will likely be less than the daytime container. You may only have 1 urine sample in this jug.

Once there is urine in a jug, store it in the refrigerator. You may not need to refrigerate the nighttime jug if you are taking the two jugs to the lab right away the second morning.

If your child misses a urine sample or voids in the toilet anytime during the collection, you will need to start over. You may empty the urine you already collected into the toilet. Rinse the jug with hot water and allow it to air dry.

Please call Peds Nephrology at 608-263-6420 if you have any questions or concerns.

The Spanish version of this HFFY is #7493