



Preparing the Patient

1. Give the patient two 24-hour urine collection bottles.
 - A. Label one bottle "Daytime."
 - B. Label one bottle "Nighttime."
2. Review the collection instructions with the patient and give them a copy of the patient collection instructions.
3. Explain to the patient where they need to return the bottles and instruction sheet when they have completed their collection.

Receipt of Specimens

1. Make sure the patient has given you both the daytime and nighttime bottles, and the sheet indicating the start and stop times.
2. Record both the daytime and nighttime volumes next to the start and stop times on the patient instruction sheet.
3. Aliquot 4 mL urine from daytime collection into a plastic, 5 mL tube (T465) and mark the tube as "daytime".
4. Aliquot 4 mL urine from nighttime collection into a plastic, 5 mL tube (T465) and mark the tube as "nighttime".
5. Send both aliquot containers under the same order with the "Orthostatic Protein Measurement 24-Hour Urine: Patient Collection Instructions" indicating the start/stop times and volumes.
6. Order Mayo Clinic Laboratories' test OPTU / Orthostatic Protein.
7. Send specimen refrigerated.

If you have questions after reading this information, call the Mayo Clinic Collection Laboratory at 507-284-3080, Monday–Friday 6:30 am to 5:30 pm, and Saturday from 7:00 am to 3:00 pm.