Outpatient Lab Services
Four Walk-in Locations
Bring your doctor’s order to any of the following walk-in locations:

MAIN CAMPUS:
101 Dates Drive
Ithaca, New York 14850
(607) 274-4474
(607) 252-3320 fax
Open Monday-Friday 7:00 a.m. to 5:30 p.m.
Saturday 7:00 a.m. to 2:00 p.m.

EAST CAMPUS:
10 Arrowwood Drive
Ithaca, New York 14850
(607) 252-3725
(607) 274-4691 fax
Open Monday-Friday 7:00 a.m. to 5:00 p.m.
Saturday 7:00 a.m. to 11:30 a.m.

CORTLAND CAMPUS:
1129 Commons Avenue
Cortland, New York 13045
(607) 218-6201
(607) 218-6202 fax
Open Monday-Friday 7:00 a.m. to 3:00 p.m.
Closed for lunch 12:30 p.m. to 1:00 p.m.

DRYDEN:
Dryden Family Medicine
5 Evergreen Street
Dryden, New York 13053
(607) 844-3830
(607) 252-3972 fax
Open Monday-Friday 8:30 a.m. to 4:30 p.m.
Closed for lunch 12:30 p.m. to 1:00 p.m.

For more information:
Please call our locations listed above or visit us online at cayugamed.org.
24-Hour Urine Collection

What is the test?
A 24-hour urine collection assesses kidney (renal) function and is used to diagnose kidney problems by measuring the components of urine. This diagnostic test is commonly used to determine how much creatinine clears through the kidneys but can also be used to measure the levels of protein, hormones, minerals, sodium, potassium, and other chemical compounds in your urine.

How do I prepare?
Twenty-four-hour urine collection requires that you collect all of your urine over a 24-hour period. For the proper evaluation of tests on a 24-hour urine sample, it is important that a complete and accurate collection take place.

Please read the following instructions carefully:
• Please obtain a specimen container from the Laboratory. Inside the container you may see tablets or preservatives. It is important that you do not remove anything from the specimen container; these preservatives must be left in the container.
• Your full name and date of birth must be clearly marked on the specimen container.
• Do not consume any alcoholic beverages during the 24-hour collection period. Also, please limit your consumption of beverages containing caffeine during this time.

How is the urine collection done?
1) Drink your normal amount of liquids (no alcohol and only limited caffeine) during the 24-hour collection period unless your physician has given you different instructions.
2) Empty your bladder when you get up in the morning as you normally would, using the toilet.

Time: ________________ AM/PM (circle one)

3) From that time on, collect in the specimen container ALL urine you pass during the day and night. Use a clean cup to collect your urine and pour it into the specimen container. Please do not attempt to void directly into the container.
4) Make your final urine collection when you empty your bladder the next morning at the same hour as the preceding morning.

Time: ________________ AM/PM (circle one)

5) Keep the collected urine refrigerated, if possible, and bring it to the Laboratory as soon as possible after the 24-hour collection is completed.
6) Bring this handout – with the noted times – to the Laboratory with the specimen container.
7) A 24-hour collection for creatinine clearance also requires a blood test. Please come to one of the Laboratory draw stations so that we may collect a small blood sample within 24 hours of urine collection time.

How and when will I get my test results?
Test results from a 24-hour urine collection are typically available the same day. The test results will be sent to your doctor, who will share them with you.

If you have any questions regarding lab testing, you can reach the Cayuga Medical Center Laboratory at (607) 274-4474.