

Guide to requesting a 24H urine test



As its name suggests, 24-hour urine tests require you to collect your pee for 24 hours straight! Your urine will then be tested for:

Urine volume

Urine calcium

which can increase your risk of kidney stones, if it's in excess

Urine oxalate

which can combine with calcium in your urine to form kidney stones, if it's in excess

Urine citrate

which prevents the formation of calcium stones

Urine acid

which can crystallize into kidney stones, if it's in excess

Urine pH

Your results can help your physician figure out what's causing your kidney stones - and how to help you best manage them.

Never had a 24-hour urine test before? Here's what you should ask your physician.

1

I would like to know more about my kidney stone risk and develop a kidney stone prevention plan.

Can I undergo a 24-hour urine test?

2

Is there **a reason why I have not undergone** a 24-hour urine test?

3

What are some tips to ensure I **collect my 24-hour urine sample properly?**