PATIENT & CAREGIVER EDUCATION

24-Hour Urine Collection for Total Protein Evaluation

This information explains how to collect and store your urine for 24 hours for your total protein evaluation.

Total protein evaluation is a urine test that is done to measure the amount of a type of protein in your urine. This is called the Bence-Jones protein. Having this protein in your urine can be a sign of multiple myeloma, which is a cancer of the white blood cells. A high level of this protein can also hurt your kidneys.

This test can be used to diagnose or monitor multiple myeloma. Depending on the results of the test, your treatment may need to be changed to prevent:

- The multiple myeloma from getting worse.
- Damage to your kidneys.

Instructions for Your Collection

If you are an outpatient:
Your nurse will give you the following supplies:

- A urinal (if you are a man) or a plastic urine collection “hat” (if you are a woman) to collect your urine
- A plastic container to store your urine

1. Gather your supplies. Write your name on the label on the plastic container.
2. You must start your urine collection with an empty bladder. Right before you start the collection, urinate into the toilet and flush it. Write down the time and date you urinated below. This is the start time of the collection. It will end 24 hours later.
For the next 24 hours, men should urinate only into the urinal. Women should place the urine collection hat under the toilet seat and urinate into it. Each time you urinate, pour the urine into the container that you received. Do not put toilet paper in the urinal or hat. Put it in the toilet and flush it. If you leave home during your collection period, take the urinal or hat and container with you.

Store the container at room temperature. You do not have to refrigerate it.

When the 24 hours are over, return your urine container to your doctor’s office. You should do this at your appointment or within 24 hours after the collection is over, whichever comes first. The staff at your doctor’s office will order the tests and send the container to the laboratory.

Make sure to drink at least 8 cups of liquids on the day you collect your urine.

**If you are an inpatient:**

Your nurse will give you the following supplies:

- A bedpan, urinal (if you are a man), or a plastic urine collection “hat” (if you are a woman) to collect your urine
- A plastic container to store your urine

1. Gather your supplies. Write your name on the label on the plastic container.
2. You must start your urine collection with an empty bladder. Right before you start the collection, urinate into the toilet and flush it. Write down the time and date you urinated below. This is the start time of the collection. It will end 24 hours later.
3. For the next 24 hours, men should urinate only into the urinal. Women should place the urine collection hat under the toilet seat and urinate into it. Each time you urinate, pour the urine into the container. If you are using a bedpan, urinate only in that, then ask your nurse to pour the urine into your collection container. Do not put toilet paper in the bedpan, urinal, or hat. Put it in the toilet and flush it. Ask your nurse for help if you need it. If you need to leave your room, take the container and the bedpan, urinal, or hat with you.
4. Store the container at room temperature. You do not have to refrigerate it.
5. When the 24 hours are over, your nursing assistant will measure your urine and send it to the laboratory.

During the time you are collecting your urine, you may get fluids intravenously (through a vein) or orally (by mouth).

**Urine Collection Period**

**Start**
Date: ___________________ Time: ___________________

**End**
Date: ___________________ Time: ___________________

**Important Points**

- Tell your nurse if you forget to save any urine during your collection period.
- Call your nurse about 1 week after your urine collection for your results.

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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