

24 HOUR URINE COLLECTION INSTRUCTIONS

****Keep This Paper and return with sample****

Name: _____ Date of Birth: _____

Keep this container refrigerated if possible.

This collection container may contain a preservative as indicated. Do not urinate directly into this container.

For proper evaluation of tests on a 24-Hour urine sample it is important that a complete and accurate collection is made. Do not drink alcoholic beverages during this collection.

1. Day One: Empty your bladder into the toilet when you get up in the morning. Record this as your starting time and date.

Do Not Save this sample with your collection. Discard.

Start Date: _____ Start Time: _____

2. From this time on collect all of your urine and place into the plastic container you were provided.
3. Day Two: When you empty your bladder on the morning of the 2nd day be sure to add it to your collection container. This will be your final collection and should be made as close to the same time as you began your collection. Record this as your ending time and date.

Stop Date: _____ Stop Time: _____

4. Make sure your Name and Date of Birth are on the collection container and the start and stop time of collection.

5. Return the entire collection to the laboratory.

_____ You WILL need to have a blood sample collected when this sample is returned.

_____ You will NOT need to have a blood sample collected when this sample is returned.

CONTINUED ON BACK

24-Hour Urine Test Specific Recommendations

_____ **Catecholemines:** Patient should avoid any environmental factors that may increase endogenous catecholamine production. These include noise, stress, discomfort, body position, and the consumption of food, caffeinated beverages, and nicotine.

_____ **Heavy Metals:** Patient should avoid eating seafood 48 hours prior to start of collection.

_____ **Histamine:** Patient should avoid direct sunlight. Avoid taking allergy causing drugs, antihistamines, oral corticosteroids, and substances which block H2 receptors for at least 24 hours prior to specimen collection.

_____ **5-HIAA:** Patients should not eat avocados, bananas, butternuts, cantaloupe, dates, eggplant, grapefruit, hickory nuts, honeydew melon, kiwifruit, melons, nuts, pecans, pineapple, plantains, plums, tomatoes and tomato products, or walnuts which are high in serotonin for 48 hours before or during collection.

Certain medications, such as L-dopa, acetaminophen, salicylates, and cough syrup containing guaifenesin must also be avoided.

_____ **Metanephrines:** Tricyclic antidepressants, levodopa, and significant physical stress (eg, hypertensive stroke) may elevate levels of metanephrines. If clinically feasible, these medications should be discontinued at least 1 week before collection.

_____ **Oxalic Acid (Oxalate):** Patient should refrain from taking excessive amounts of Ascorbic Acid or Oxalate rich foods (spinach, coffee, tea, chocolate, rhubarb) for at least 48 hours prior to collection.

_____ **VMA:** Administration of L-dopa may falsely increase vanillylmandelic acid (VMA) results. Patients receiving L-dopa should stop taking it for 24 hours before and during the collection.



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