

Patient Instruction for Collection of 24-hr Urine Specimen

Patient Name: _____ **DOB:** _____

Height: _____ **Weight:** _____

A blood sample is required when certain urine tests are ordered. When you return with your urine specimen, please check with a laboratory representative to determine if a blood sample will be required for the test(s) your physician has ordered.

FOLLOW THESE INSTRUCTIONS FOR SPECIMEN COLLECTION FOR EACH OF THE TESTS SPECIFIED BELOW:

FOR A PROPER EVALUATION OF TESTS ON A 24-HR URINE SAMPLE IT IS IMPORTANT THAT A COMPLETE AND ACCURATE COLLECTION IS MADE. DRINK YOUR NORMAL AMOUNT OF FLUIDS ON THE DAY THAT YOU COLLECT YOUR URINE. *DO NOT DRINK ANY ALCOHOLIC BEVERAGES.*

CONTINUE YOUR REGULAR MEDICATIONS AND DIET UNLESS OTHERWISE INSTRUCTED BY YOUR PHYSICIAN.

1. Empty your bladder when you get up in the morning. *DISCARD THIS URINE.* Record date and time.

DATE: _____ **TIME:** _____

2. From then on, collect in the recommended 24-hr urine container, all urine you pass during the day and night. Keep refrigerated or on ice for the duration of collection.
3. Make your final collection when you empty your bladder the next morning at the same hour, as previously recorded. Record your name, the date and time on the 24-hr urine container.

DATE: _____ **TIME:** _____

4. Keep the collected urine refrigerated or on ice and bring it to the laboratory as soon as possible after the 24-hr collection is complete.

****If two consecutive 24-hr urine collections are required, they must be collected during two different 24-hr time periods.**

Creatinine Clearance

Do not drink alcoholic beverages.

Keep the specimen on ice or in the refrigerator during the collection process.

During storage, keep the container lid on tight.

Transport the specimen promptly to the laboratory after the completion of the collection.

A blood sample is also needed and will be collected when you return with your urine specimen.

HEIGHT: _____ **WEIGHT:** _____

Send Out Tests:

Vanillylmandelic Acid (VMA) 24-hr Urine

Certain substances interfere with the results of a VMA, causing falsely elevated or falsely decreased results. These substances listed below should be avoided 24 hours prior to and during the collection of urine for the VMA test. If the patient has had any of these foods or drugs, the physician should be notified and he/she will determine whether to continue or start the test.

FOODS: Coffee, tea, chocolate, vanilla, bananas, caffeine

DRUGS: Anileridine, Bromsulfalein, Caffeine, Methenamine, Methyldopa, Morphine, Oxytetracycline, Phenazopyridine, Phenothiazines, Salicylates

Catecholamines 24-hr Urine

It is suggested that all medications and food such as coffee, fruits, and substances containing vanilla, be excluded before and during the collection period. Bananas and aspirin have also been reported as leading to false-positive reactions.

Serotonin (5-HIAA) Quant 24-hr Urine

Non-essential medications should be discontinued for 72 hours prior to collection. Methanasin, acetanilide and bananas may create a false positive.

If you have any questions concerning these instructions, please call (850) 416-7796.