24-Hour Urine Collections – Patient Instructions (With preservatives)

Your doctor has ordered a urine test that requires you to collect all the urine that you pass for the next 24 hours. For accurate results, it is important to collect all your urine for exactly 24 hours.

Please read and follow the instructions carefully. Make sure you are prepared before starting the collection.

Contents of the kit:
- One 24-hour Urine Collection Patient Instructions Sheet
- One large orange container

Preparation:
P1 Some tests require dietary and drug restrictions. Please check with your doctor before beginning specimen collection. It is important to check with your doctor before stopping or resuming any medications.
P2 You may drink as much fluid as you normally would during the 24-hour collection period.
P3 Plan your collection on an off day or over a weekend. If you plan to go out, bring the large orange container with you. If, for any reason, the urine collection must be terminated before the 24-hour period is up, empty the urine and start again on another day.
P4 If several types of urine tests are requested at the same time and different preservatives are required, urine must be collected in separate 24-hour periods.

Dietary and Drug Restrictions:

	Tests	Dietary and Drug Restrictions
☐	Aldosterone Citrate Copper Magnesium Phosphate	Follow usual dietary routine; no special dietary restriction
☐	Calcium	Do not take laxatives during the 24-hour collection period
☐	5-HIAA	Do not consume any of the following 24 hours before or during the 24-hours urine collection:

Avocado	Banana	Cantaloupe
Dates	Eggplant	Grapefruit
Honeydew	Kiwi fruit	Melon
Nuts	Pecan nuts	Pineapple
Plum	Tomato	Walnut
Vanilla	Vanilla products	

☐ VMA   Do not consume any of the following 24 hours before or during the 24-hours urine collection:

Banana	Chocolate	Coffee
Tea	Vanilla	Vanilla products

| ☐ | Catecholamines Metanephrines | Do not consume any of the following 24 hours before or during the 24-hours urine collection: |

Banana	Coffee	Pineapple
Walnut	Curry	Spices or food containing capsaicin
Pepper	Chilli	Bell pepper (Capsicum)

Methyldopa or some anti-hypertensive medications may have to be stopped but discuss with your doctor before stopping.

| ☐ | Oxalate | Ascorbic acid (Vitamin C) at a very high concentration can interfere with the testing. You should refrain from taking Vitamin C supplement or Vitamin C rich food for at least 48 hours prior to urine collection. |

| ☐ | Uric Acid | Do not drink alcoholic beverages during your 24-hour urine collection. |

Collection Procedure:

Note: The collection bottle may contain a preservative. Do not discard it.
Keep the collection bottle; closed and avoid direct sunlight light between each time you pass urine.

C1 Start the 24-hour urine test by emptying your bladder. Do not collect this urine.
C2 For the next 24 hours, pass all urine into the orange container for collection.
C3 If you wish to pass motion, empty the bladder first to avoid faecal contamination of the urine.
C4 Keep the urine orange container in a cool place, and ensure it is closed and protected from light at all times.
C4 If your urine orange container is full, continue to collect your urine into another collection bottle. If you do not have a collection bottle, a well rinsed, dry and clean plastic bottle can be used to collect urine.
C5 On the next morning, exactly at the recorded start time (e.g. 8 am) urinate and collect urine into the orange container. After this, you can then stop the urine collection process. Record the " Stop date/time" on the urine orange container label. Cap the urine orange container and tighten the cap. If the urine leaks in transit, the collection will be invalid and the analysis will not be carried out.
C6 Please return your completed urine orange container to the clinic.

If you have questions about the procedure or require this information in another language, please ask your nurse or doctor from your clinic.

With effect from: 27 Sep 2017