

24 Hour Urine Collection

PATIENT COLLECTION INSTRUCTIONS (CIRCLE / HIGHLIGHT REQUIRED TEST(S) FOR PATIENTS)

Test	24 Hour Urine Collection				
All tests	<p>Consult physician before discontinuing any medications or treatments.</p> <ul style="list-style-type: none">• Keep sample container at requested temperature during collection.• Do not fill container past 3000mL. Arrange to pick up additional containers if required.• Do not collect while menstruating.• Do not collect urine into metal or glass containers.• For the results of your test, please contact the ordering physician or check your HealthElife account.				
Aldosterone	<p>Contact your physician before discontinuing any medications.</p> <ul style="list-style-type: none">• Patient should be off beta blockers and diuretics for 2 weeks prior to and during sample collection.• Keep refrigerated.• Record current height and weight below and submit this form with completed sample and requisition. <table><thead><tr><th>Height (in centimetres)</th><th>Weight (in kilograms)</th></tr></thead><tbody><tr><td></td><td></td></tr></tbody></table>	Height (in centimetres)	Weight (in kilograms)		
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Creatinine Clearance	<ul style="list-style-type: none">• A blood sample must be drawn within 72 hours of starting or finishing the collection. Have blood drawn when obtaining or dropping off containers.• Keep refrigerated.• Record current height and weight below and submit this form with completed sample and requisition. <table><thead><tr><th>Height (in centimetres)</th><th>Weight (in kilograms)</th></tr></thead><tbody><tr><td></td><td></td></tr></tbody></table>	Height (in centimetres)	Weight (in kilograms)		
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5-HIAA-Serotonin	<ul style="list-style-type: none"> • Keep refrigerated. • Avoid the following for 2 days prior to and during collection: all nuts (including walnuts, hickory nuts, butter nuts, pecans), tomatoes, eggplant, bananas, pineapples, avocados and plums.
Catecholamine Includes: Epinephrine, Norepinephrine and Dopamine	<p>Contact your physician for approval before discontinuing any medications.</p> <ul style="list-style-type: none"> • Patient should be off hypertensive medication for at least 2 days prior to and during collection. • Catechol drugs may interfere including alpha-methy-paratyrosine, isoproteronol, dobutamine and carbidopa. • Indicate other medications. • Keep refrigerated.
Metanephrines Includes: Normetanephrines	<ul style="list-style-type: none"> • No caffeine for 24 hours prior to and during collection • Do not consume any food or drinks containing curry leaves for 3 days prior to and during collection. • Avoid X-Rays with renal contrast for 7 days before collection. • Keep refrigerated
Microalbumin Excretion	<ul style="list-style-type: none"> • No strenuous exercise 24 hours prior to and during collection • Keep refrigerated
Oxalate	<ul style="list-style-type: none"> • For 48 hours prior to and during the collection, avoid excessive amounts of Vitamin C and Vitamin C rich foods. • Keep refrigerated
Porphyrin or Porphobilinogen	<ul style="list-style-type: none"> • Keep protected from light. • Keep refrigerated
VMA – Vanillylmandelic Acid	<p>Contact your physician for approval before discontinuing any medications.</p> <ul style="list-style-type: none"> • Discontinue Methyldopa (Aldomet) at least 5 days prior to collection. • Restrict caffeine, nicotine, and alcohol for 24 hours prior to and during collection. • Keep refrigerated
Uric Acid	<ul style="list-style-type: none"> • Do NOT refrigerate

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Facility information:

How to Prepare	<ul style="list-style-type: none"> • Collect in a clean environment. • Keep container in upright position so it does not spill or leak. • Keep out of reach of children or pets. 								
Caution	<ul style="list-style-type: none"> • These collection instructions are meant to help you collect the right specimen for this test. Failure to follow instructions, improperly labelled or leaking containers may result in sample rejection. Contact the laboratory with any questions or if you require a new container. • The collection container may contain a preservative in the form of a tablet or a strong acid solution. Do not remove this solution from the container. This solution may cause burns to skin, fabric, and many solid materials. Do not splash when pouring urine into the container. • If contact occurs, flush affected area with water for 15 minutes and seek medical attention. 								
Collecting the Specimen	<ol style="list-style-type: none"> 1. Confirm the collection container is labelled correctly with: <ul style="list-style-type: none"> ◦ Your (the patient) first and last name ◦ Another identifier such as date of birth (DOB) or healthcare number (PHN) 2. Determine a start time and empty your bladder into the toilet as usual. 3. Record start date and time: <table border="1" data-bbox="479 919 1494 1033"> <thead> <tr> <th>Start date</th><th>Start time</th></tr> </thead> <tbody> <tr> <td> </td><td> </td></tr> </tbody> </table> 4. For the next 24 hours, collect all urine following steps 5 through 10. 5. Wash hands with soap and water. 6. Remove the lid from the provided container and set aside. Do not touch the inside of the cup or lid. Do not urinate directly into this container. 7. Empty entire bladder into a separate clean container (e.g., ice cream pail). 8. Carefully pour all urine into the container provided. 9. Replace the lid, keep container upright and swirl gently to mix. 10. Store container in the refrigerator. 11. At the end of the 24-hour period empty your bladder completely, even if you do not feel the urge to urinate and add the urine to the container provided. 12. Record finish date and time. <table border="1" data-bbox="479 1470 1494 1583"> <thead> <tr> <th>Finish date</th><th>Finish time (24 hours after start)</th></tr> </thead> <tbody> <tr> <td> </td><td> </td></tr> </tbody> </table> 13. Clearly write collection start and finish dates and times on the container and the requisition. 14. Place container into the bag provided. 15. Bring the container and requisition to the laboratory the same day the collection is finished. 	Start date	Start time			Finish date	Finish time (24 hours after start)		
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