

## **Preparation and Collection Instructions for 24-hour Urine Specimens**

Please read all of the instructions before collection. The healthcare provider has requested this 24-hour urine collection as part of the patient's care. Proper collection and preservation of the specimen is essential for accurate test results.

### **Preparation:**

- Please notify the healthcare provider of all medications (prescription and over-the-counter) and herbal supplements prior to starting the collection process.
- Some testing cannot be done if the patient has a MRI 96 hours prior to or during the collection time frame. The metal-based contrast agents like gadolinium, iodine, or barium are known to interfere with laboratory techniques commonly used for trace metal analysis.
- The patient should consume the normal amount of liquids unless otherwise instructed by the healthcare provider.
- No alcoholic beverages should be consumed during the collection period.
- The patient may need to follow special dietary instructions during this time period if instructed by the healthcare provider or if testing for one of the following:
  - Arsenic or Heavy Metal Screen: For 48 hours prior to and during the collection, do not eat seafood.
  - Oxalate: During the 24-hour collection, limit oral Vitamin C intake to less than 2 gm/24 hours.
  - 5-HIAA: For 24 hours prior to and during the collection, do not eat any of the items on this list:

▪ Avocados	▪ Eggplant	▪ Melon	▪ Plums
▪ Bananas	▪ Grapefruit	▪ Nuts	▪ Tomatoes
▪ Butternuts	▪ Hickory	▪ Pecans	▪ Walnuts
▪ Cantaloupe	▪ Honeydew	▪ Pineapples	
▪ Dates	▪ Kiwi	▪ Plantain	
- All storage containers should be labeled with the patient's legal name and date of birth or with a laboratory label. More than one storage container may be necessary depending on the 24-hour urine volume. Also, if multiple tests are requested, a split-collection storage container may be used to accommodate differing preservation requirements.
- Do not remove any liquid, tablet, or powder preservative if seen in the storage container.
- Unless otherwise instructed, the urine storage container should be kept refrigerated during collection. Placing the storage container in a cooler and covering with ice is an appropriate method to keep at refrigerator temperature.
- If possible, choose a 24-hour period when the storage container will not have to be transported to multiple locations.
- Depending on the testing requested, the laboratory may also need a blood sample and/or the patient's height and weight.

### **Collection:**

1. The patient should empty their bladder in the morning, discarding this urine. This urine was formed before the collection period and should not be saved. Note this start date and time on the storage container.
2. After emptying the bladder at the start time, all urine voided must be saved in the clean, labeled storage container provided by the laboratory or office. The test will be inaccurate and may need to be repeated if, for any reason, some of the urine voided during the 24-hour period is not placed into the storage container. Use a clean plastic, paper or glass collection cup to catch the urine each time. Do not use a metal container. Do not urinate directly into the storage container because the preservative could splash, causing a chemical burn. Carefully pour the urine from the collection cup into the storage container.
3. To complete the 24-hour collection, the bladder should be emptied within 10 minutes of the 24-hour time frame noted on the storage container and this urine should be added to the storage container. This urine was formed during your collection period and should be saved. Note this stop date and time on the storage container.
4. The 24-hour urine sample should be delivered to the laboratory as soon as possible. To prevent leaks, make sure the lid is on tightly and that the container is transported upright inside a plastic bag. If possible, keep the container on ice during transport, especially in warm weather or if traveling more than 15 minutes. Make sure to bring the order slip with the specimen if the laboratory does not already have a copy. Also, the laboratory will need insurance information and photo identification to register the patient before testing can be done.