

COLLECTION INSTRUCTIONS

DAY 1

- First thing in the morning at a designated time (eg. 7:00 am) completely empty your bladder and DISCARD this first morning specimen. This urine was formed before the collection period began and should not be part of the collection. Record the exact start time and date on the container.
- Collect all the urine you pass during the remainder of the day, evening, and night for the entire 24 hour period. Use a clean plastic, paper, or glass container to catch your urine each time. (Do not use a metal container.) Add ALL the specimens to the container. Tightly close the container every time to avoid any leakage. Gently shake the container after each urine specimen is added. Keep the urine specimen refrigerated unless otherwise instructed, during the collection period and until you bring it to the laboratory for testing.

DAY 2

- Exactly 24 hours later (eg. 7:00 am) completely empty your bladder and add this specimen to the container. This is the last specimen and completes your 24-hr collection. Replace the cap and tighten it firmly.
- Record the exact time on your container.
- On the day you finish your 24-hour urine collection, take the collection container to your laboratory. This should be done as soon as possible after you have finished with the collection.

NOTE:

If a preservative is necessary it has already been added to the container. Note the caution statement on the preservative. *Do not urinate directly into the collection container because the preservative could splash causing a burn.* Refrigerate specimen during the collection period unless instructed otherwise.

RECORDING START AND STOP TIMES

For your information and for laboratory documentation, record your start and stop times below and on the identification tag attached to the collection container. Stop time is 24 hours after start time (for example, start at 7 a.m. one day and stop at 7 a.m. the next day).

Start date: _____ @ ____ a.m./p.m.

Stop date: _____ @ ____ a.m./p.m.

If you are performing a second 24 hour collection, record your start and stop time here and on the identification tag attached to the collection container.

Start date: _____ @ _____ a.m./p.m.

Stop date: _____ @ _____ a.m./p.m.

On the day you finish your second 24-hour urine collection, take the collection container to your laboratory. This should be done as soon as possible after you have finished with the collection.

Please contact your physician's office or Medical Laboratories of Windsor @ 519-258-1991 with any questions regarding your test.

24-HOUR URINE COLLECTION



PATIENT INFORMATION PAMPHLET

MEDICAL LABORATORIES OF WINDSOR
1428 OUELLETTE AVENUE
WINDSOR, ONTARIO
N8X 1K4
519-258-1991

Please read this entire brochure before you begin your urine collection.

Contents of kit:

- Patient instruction brochure
- An orange, 24-hour urine collection container with attached identification tag and Hazardous Material tag (if required).
- Preservative (if needed)

INTRODUCTION

The accurately timed urine collection you are about to perform is a part of your care. Important health decisions depend on it. **The test is valid only if the collection includes all the urine you pass in a 24-hour period.** The test will be inaccurate and may have to be repeated if, for any reason, some of the urine you pass during the 24-hour period is not put into the collection container.

Your physician may have requested several urine tests. If the tests require different preservatives, you will need to collect urine in separate 24-hour periods. You will be given container(s) for each 24-hour urine collection.

*****ALWAYS CHECK WITH YOUR PHYSICIAN BEFORE STOPPING ANY PRESCRIPTION MEDICATION.*****

FOLLOW THE CHECKED INSTRUCTIONS.

- You do not need to follow any special dietary instructions. You may follow your usual dietary routine.

- AMYLASE:** Refrigerate specimen during collection. No dietary restrictions.

- ARSENIC:** Refrigerate specimen during collection. For 3 days prior to your 24-hour collection and during the collection, avoid all seafood.

- CREATININE CLEARANCE:** Refrigerate specimen during collection.

***It is important that you return the specimen yourself as we may need to draw a blood specimen to complete the test.*

- 5-HIAA (5-HYDROXYINDOLEACETIC ACID):** Refrigerate specimen during collection. For 3 days before you start your 24-hour collection and during the collection, avoid the following:

Foods:

- avocado • bananas • melon • kiwifruit
- dates • pineapples • cantaloupe • pecans • hickory • tomato products • nuts
- walnuts • plantain • eggplant • plums • grapefruit
- chocolate • coffee • tea

Medications::

- acetaminophen (Tylenol) • salicylate (aspirin) • cough and antihistamine products • naproxen • melphalan • phenothiazines • MAO inhibitors • hypertension drugs • fluorouracil

- PROTEIN, TOTAL**

- PROTEIN ELECTROPHORESIS**

- IMMUNOFIXATION (BENCE JONES, LIGHT CHAINS):** Refrigerate specimen during collection. No dietary restrictions.

- METANEPHRINES:** For 3 days before you start your 24-hour urine collection and during the collection, avoid the following:

Foods:

- caffeine • coffee • tea • chocolate/cocoa
- bananas • alcohol • tobacco

Medications:

- Acetaminophen (Tylenol) • Salicylate (Aspirin) • Labitalol • Vitamin C
- Methylodopa (Aldomet)
- Preservative 20 mls of 6N HCL

- CATECHOLAMINES:** Refrigerate specimen during collection. It is important to avoid strenuous exercise prior to collection. For 3 days before you start your 24-hour collection and during the collection, avoid the following:

Foods:

- bananas • avocado • chocolate • tea
- fruits & juices • coffee • cocoa • vanilla
- cheese • walnuts • caffeine • alcohol
- licorice • tobacco

Medications:

- acetaminophen (Tylenol) • cimitidine
- salicylate (Aspirin) • Labitalol
- methylodopa (Aldomet) • Vitamin C
- Cough medication • Antihistamine
- Avoid strenuous exercise
- Preservative 20 mls of 6N HCL

- VANILLYLMADELIC ACID (VMA):** Refrigerate specimen during collection. For 3 days prior to and during the collection period, avoid the following:

Foods:

- coffee • tea • chocolate/cocoa • fruits & juices • vanilla containing substances
- cheese • walnuts • bananas • avocados • alcohol

Medications:

- Salicylates (aspirin) • Acetaminophen (Tylenol) • Ajmaline • Epinephrine
- Glucagon • Guanethidine • Histamine
- Levodopa • Lithium • Nitroglycerin
- Rauwolfia (Alkaloids)

- URIC ACID / URATE:** refrigerate specimen during collection. Do not drink alcoholic beverages during your 24-hour urine collection. 24 hour urine must be collected with 20 mls of 25% NaOH in container as preservative in container

- OXALATE / OXALIC ACID:** Refrigerate specimen during collection. Preservative 20 ml 6 N HCL in container

- CITRIC ACID:** Refrigerate specimen during collection. No dietary restrictions. [Note: Collect one 24hr collection if Citric Acid is requested along with Oxalic acid.] Preservative 20 ml 6 N HCL in container

- HOMOVANILLIC ACID:** Refrigerate specimen during collection. It is important to avoid strenuous exercise prior to collection. For 3 days prior to and during collection, avoid the following:

Foods:

- caffeine • coffee • tea • chocolate/cocoa
- fruits & juices • bananas • pineapple
- tomatoes • vanilla • walnuts

Medications:

- Salicylate (Aspirin) and/or medication containing aspirin
- Preservative 20 ml 6 N HCL in container

- CORTISOL:** Refrigerate specimen during collection. Avoid patient stress. No dietary restrictions.

- DELTA-AMINOLEVULINIC ACID:** Refrigerate specimen during collection. No dietary restrictions.

- PORPHYRINS:** Refrigerate specimen during collection. No dietary restrictions. Preservative 5g Na₂CO₃.