

Patient Collection Instructions for 24 h Urine Specimens

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| Before Collection | <p>Obtain the appropriate collection container for the test your physician has requested from the Laboratory</p> <ul style="list-style-type: none"> • Check for test specific instructions on the second page of this handout, including diet and/or medication restrictions, before starting your collection |
| Labeling the Sample | <p>Ensure the collections container is labeled with your:</p> <ul style="list-style-type: none"> ○ FULL First and Last Name ○ Personal Health Number or Personal Identification Number ○ Date of Birth <p>You will need to record the start and stop times of collecting your samples.</p> <ul style="list-style-type: none"> ○ These times are needed for accurate test results |
| <p>Caution: Collection container may contain a preservative</p> <ul style="list-style-type: none"> ○ Do not remove any liquid preservative that may be in the container ○ Do not urinate directly into the collection container | |
| Collecting the Sample | <ul style="list-style-type: none"> • Wash hands thoroughly with soap and water, rinse and dry • Upon rising, empty bladder by urinating into the toilet. This will be the start time and this sample is not included <ul style="list-style-type: none"> ○ Write the “Collection Started” date and time on the label provided. (eg, March 1, 0800 or 8AM) • For the next 24 hours, collect all urine by voiding into a clean container and transfer all contents into the collection container provided. <ul style="list-style-type: none"> ○ Example: If collection started at 0800 (8AM); it would finish the next day at 0800 (8AM) ○ Keep urine container refrigerated during the collection period and until you return it to the laboratory for testing ○ Be sure to EMPTY your bladder at the end of the collection period and ADD urine to the collection container ○ Write the “Collection Finished” date and time on the label provided. (eg March 02, 0800 or 8AM). • Close the lid securely and gently mix or invert the container after each urine sample is added • At times your volume of specimen may be too much for one container. You may request to have a second container if necessary. It is imperative that you collect all samples for the full 24 hours, as volume is measured and reported. • If any specimen is accidentally discarded or contaminated with stool, the test must be re-started in a new container |
| Delivering the Sample | <ul style="list-style-type: none"> • When you have completed the collection bring the sample and the Physician’s request (requisition) to the Laboratory as soon as possible – preferably the same day. • Check that the information on the requisition is correct and complete • <u>Samples that are not labeled correctly and/or do not have a completed requisition will NOT be tested</u> |

If you have any questions please call the Island Health Laboratory Call Center @ 250-370-8355 or Toll Free at 1-866-370-8355

Additional Information for 24 h Urine Specimens

| Test Name | Information |
|---|---|
| <input type="checkbox"/> Creatinine Clearance U CrCl | <p>Patient's height and weight will be need to be documented to complete the test.</p> <p>Patients need to have a blood collection for creatinine within +/- 48 h of urine collection.</p> <p>For convenience have blood drawn when obtaining or dropping off collection container.</p> |

Certain foods and medications may interfere with the urine testing. It is recommended to avoid the following for 48-72 hours prior to and during collection.

Contact your physician for approval before discontinuing any prescription medication. Discuss all non-prescription medications with your physician.

| Test Name | Foods to avoid | Medication to avoid |
|---|--|---|
| <input type="checkbox"/> 5-HIAA | <p>Bananas, tomatoes and tomato products, plums, pineapple (and its juice), nuts (especially walnuts), eggplant, avocado and kiwifruit</p> <p>Caffeine including tea, coffee, cocoa, chocolate and other caffeinated beverages</p> | Acetaminophen (Tylenol), Salicylate (Aspirin), Cough and antihistamine preparations, Hypertension drugs, MAO inhibitors, Fluocouracil |
| <input type="checkbox"/> Catecholamines Testing includes: Epinephrine, Norepinephrine, and Dopamine fractions of Catecholamine | <p>Bananas, avocados, nuts (especially walnuts), fruits, cheese, licorice, vanilla, tobacco and alcohol</p> <p>Caffeine including tea, coffee, cocoa, chocolate and other caffeinated beverages</p> | Acetaminophen (Tylenol), Salicylate (Aspirin), Cough and antihistamine preparations, Mephalan, Methyldopa, Labitalol, Vitamin C, Cimetidine |
| <input type="checkbox"/> Metanephrines | <p>Bananas, tobacco and alcohol</p> <p>Caffeine including tea, coffee, cocoa, chocolate and other caffeinated beverages</p> | Acetaminophen (Tylenol), Salicylate (Aspirin), Methyldopa, Labitalol, Vitamin C, Cimetidine |
| <input type="checkbox"/> Vanillylmandelic Acid (VMA) | <p>Bananas, avocados, nuts (especially walnuts), fruits, cheese, vanilla, tobacco and alcohol</p> <p>Caffeine including tea, coffee, cocoa, chocolate and other caffeinated beverages</p> | Acetaminophen (Tylenol), Salicylate (Aspirin) |

If you are on a special diet for this test, you may resume your normal diet after the last specimen is collected.