

Patient Collection Instructions for 24 h Urine Specimens

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. Not doing so could result in a recollection, as the sample would not be acceptable. 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.