PATIENT 24 HOUR URINE
COLLECTION INSTRUCTIONS

Introduction:
The accurately timed urine collection, which you are about to obtain, is an important part of your examination. Decisions important to your health may depend upon correct collection. This test is valid only if the collection includes all urine that you pass in a 24 hour period. If for any reason some of the urine passed during this 24 hours is not put into the container for the collection, the test will be inaccurate. If this occurs please contact the laboratory immediately for instructions at (616) 774-7721.

You will be supplied with a urine collection container. It may or may not contain a white tablet or some liquid. Do not discard. This is a preservative that is necessary for the accuracy of the particular test your doctor ordered. Do not allow the liquid to come in contact with your skin. If there is an accidental spill onto your skin, wash the involved area immediately with copious amounts of water. If irritation persists, call your physician.

Directions for Collection:
1. You should consume your normal diet, medications, and fluid intake during the urine collection period unless otherwise directed.
2. Start the 24-hour collection period when you arise in the morning. Empty your bladder at that time and discard this urine since it was formed before the collection period. Note this time as the time you began the urine collection.
3. Thereafter, collect all urine that you pass for the next 24 hours. For the final collection, empty your bladder at the same time noted above on the following day. Include this urine in the container since this urine was formed during the collection period. Note this time as the time you completed the urine collection.
4. Keep all urine refrigerated during the collection period, except Urine Uric Acid specimens. You may store the container in a cooler with ice or outdoors if the weather is cold.
5. Should you have a bowel movement during the 24-hour period, try to pass your urine prior to the bowel movement so as to avoid loss of urine.
6. For testing that requires a preservative, mix all urine thoroughly with the preservative.
7. If the volume of the urine is greater than the first container and a preservative has been added, pour ½ of the collected urine into the second container that does not contain preservative. Then continue to collect the additional urine in the second container.
8. When the collection is completed, return the container to Spectrum Health Laboratory before the closing time of that day.
SPECIAL INSTRUCTIONS
FOR 24 HOUR URINE COLLECTION

Follow the special instructions indicated below, in addition to the “Patient Instructions for 24 Hour Urine Collection”.

NOTE FOR 5-HIAA COLLECTIONS:

For at least 48 hours prior to the collection period and during the collection period:

Do not eat avocados, bananas, eggplant, kiwi fruit, pineapple, plums, tomatoes, or walnuts. Substances in these foods may interfere with this test.

NOTE FOR TRACE METAL COLLECTIONS:

You have been given a 24 hour urine container for this collection, if not please request one. Collection and handling of your urine with specially cleaned utensils is necessary to obtain accurate results for your test. You must void directly into the container or use only the collection device provided by the laboratory. Do not use any household containers or other utensils for collecting your urine.