



# 24 HOUR URINE COLLECTION INSTRUCTIONS

1. Obtain specimen container from outpatient services.
2. Collection may begin any time and will end 24 hours later (start and end times should match exactly).
3. Void and discard your first specimen. Record this as your start time and date.
4. During collection time, it is important to have adequate fluid intake.
5. Refrigerate urine during collection.
6. Void and save specimen at end of 24 hour period.
7. Label the container with patient name, date of birth, start date, start time, end date, end time, and physician.

**24 HOUR URINE COLLECTION**

First and last name \_\_\_\_\_ PRESERVATIVE \_\_\_\_\_ Date of birth \_\_\_\_\_

TEST \_\_\_\_\_

PT. \_\_\_\_\_ RN NO. \_\_\_\_\_

DATE & TIME STARTED \_\_\_\_\_

DATE & TIME COMPLETED \_\_\_\_\_

INITIALS \_\_\_\_\_ UC301 \_\_\_\_\_

Record completely

8. Deliver the specimen to outpatient services promptly after the collection is complete:
  - Monday-Friday 7:00am-5:30pm:** Please deliver your specimens to the outpatient services lab, across the hall from the BHDH gift shop on the second floor.
  - After hours/Weekends:** Please go to the front registration desk at the Emergency Department. Please allow adequate time for staff to confirm your lab orders and accept your specimen.

**Note:** If your doctor has ordered a **5-HYDROXYINDOLEACETIC ACID (5-HIAA)** test, please follow the special instructions below:

**DO NOT EAT THE FOLLOWING FOODS OR TAKE THE FOLLOWING MEDICATIONS 48 HOURS PRIOR TO STARTING THIS TEST:**

- Avocados
- Bananas
- Eggplant
- Pineapple
- Plums
- Tomatoes
- Walnuts
- Cough syrup
- Tylenol