

## 24-Hour Urine Collection

### Patient Instructions

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

### 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. **Please follow each of the dietary instructions checked below:**

- You do not need to follow any special instructions. You may follow your usual routine.
- Arsenic, Calcium, Copper or Heavy Metal Screen:** If you need to have a CT scan that requires contrast medium (dye) or MRI, finish your urine collection before the CT scan or MRI, **or** start your urine collection 96 hours or more after the CT scan or MRI. If you are not sure you will have contrast medium for your CT scan, contact the health care provider who requested the CT scan.
- Arsenic or Heavy Metal Screen:** Do not eat shellfish for 48 hours before you start your urine collection **and** during the 24 hours you collect urine.

## 24-Hour Urine Collection

- Calcium:** Do not take laxatives during the 24 hours you collect urine.
- 5-HIAA:** For 48 hours before you start your urine collection and during the 24 hours you collect urine, do NOT eat:
  - Avocados
  - Bananas
  - Butternuts
  - Cantaloupe
  - Dates
  - Eggplant
  - Grapefruit
  - Hickory nuts
  - Honeydew
  - Kiwi Fruit
  - Melons
  - Nuts, including walnuts and pecans
  - Pineapple
  - Plantains
  - Plums
  - Tomatoes
  - Tomato-based foods and beverages

**And** do not take anything that contains L-dopa, acetaminophen or salicylates, or cough syrup that contains guaifenesin.

- Oxalate:** Do not take more than 2 grams of vitamin C during the 24 hours you collect urine.
- Other:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Complete the information below and return this form  
with your Urine Collection Container and your physician's order.**

Patient Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

Start Day \_\_\_\_\_ Time \_\_\_\_\_ a.m./p.m.

Stop Day \_\_\_\_\_ Time \_\_\_\_\_ a.m./p.m.

### Recording Start and Stop Times

For your information and for laboratory documentation, please record your start and stop times above and on the container itself. Stop time is 24 hours after the start time depending on the duration requested by your doctor (for example, start at 7 a.m. and finish at 7 a.m. the next day). The morning is recommended for starting your 24-hour collection.

### Collection Instructions

Urinate at the start time, but **do not save the urine** as this urine **was formed before** your collection began and **should not** be a part of your collection.

1. Collect all urine you pass for the next 24 hours. Use a clean plastic, paper or glass container to catch your urine each time. Container does not need to be sterile. Do NOT use a metal container. A plastic commode pan can be provided by the laboratory if desired.
2. Wash hands thoroughly with soap and water before each urine collection. Remove the container lid and place topside down on the counter.
3. Place the container under you to enable collecting ALL of the urine into the container.
4. After you have finished, pour urine into large container and wipe away any spilled urine from the outside of the container.

5. Wash hands thoroughly with soap and water after each urination.
6. Keep the 24-hour urine container refrigerated during the entire collection process. If refrigerator space is a problem, you may keep the container cool by placing it in a bucket kept half filled with slush ice.
7. To end the collection, urinate at the stop time. **Put the urine into the collection container as this urine was formed during your collection period and should be part of your collection.**

**Do not add any more urine to the container after the 24-hour collection period. To do so will cause inaccurate results.**

### Returning the Urine Specimen

1. As soon as possible on the day you finish your urine collection, bring the biohazard bag containing the physician's order and urine container to any Eisenhower Labtechniques draw site location listed below.
2. When you arrive please notify an Eisenhower staff member that you are dropping off a urine collection. Do not leave your biohazard bag on the counter.

***For any questions regarding these instructions, please contact Client Services at 760-773-1377.***

**Eisenhower Health Center at Sunrise**  
151 South Sunrise Way, Palm Springs  
Hours: 7 a.m. - 4 p.m., Monday - Friday

**Dolores Hope Outpatient Care Center**  
39000 Bob Hope Drive, Rancho Mirage  
Hours: 7 a.m. - 5 p.m., Monday - Friday

**Rancho Mirage Professional Plaza**  
72780 Country Club Drive, Building B,  
Suite 200, Rancho Mirage  
Hours: 7 a.m. - 4:30 p.m., Monday - Friday

**Eisenhower George and Julia Argyros Health Center**  
45280 Seeley Drive, La Quinta  
Hours: 7 a.m. - 5 p.m., Monday - Friday