

24-hour Urine Sample (5HIA) Collection Instructions



Follow these instructions carefully.

General instructions:

1. Do not drink any alcohol during the 24 hours you are collecting the specimen.
2. The collection jug sent home with you may contain a liquid preservative. Do not empty the liquid from the jug.
3. Keep the jug with the urine that is collected in the refrigerator.
4. If you have any questions or concerns, call (800) 932-8758 or (701) 323-5489.

To start the collection:

1. Empty your bladder. Do not save this urine.
2. Write the date and time on the jug label.
3. From then on, save **all** of your urine in the jug provided, day and night.

To finish the collection:

1. Exactly 24 hours after the date and time you started the collection, empty your bladder and add this urine to the jug.

Example: If the urine collection was started at 9 a.m., the final urine would be collected and added to the jug at 9 a.m. the following day.

2. Write the date and time on the jug label.
3. Bring the jug to the laboratory as soon as you can after the 24-hour collection is done.

A blood sample will need to be drawn when you bring in your urine collection.

A blood sample is not needed when you bring in your urine collection.

Special Instructions:

- For **48 hours before** the start of this test and **during** the 24-hour urine collection:
 - Only eat one serving a day of fruits, vegetables, nuts, caffeinated foods or caffeinated beverages.
 - Do not use acetaminophen (Tylenol), aspirin, antihistamines, cough syrups or cold and flu medications.

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24-hour Urine Sample (Metanephrines) Collection Instructions



Follow these instructions carefully.

General instructions:

1. Do not drink any alcohol during the 24 hours you are collecting the specimen.
2. The collection jug sent home with you may contain a liquid preservative. Do not empty the liquid from the jug.
3. Keep the jug with the urine that is collected in the refrigerator.
4. If you have any questions or concerns, call (800) 932-8758 or (701) 323-5489.

To start the collection:

1. Empty your bladder. Do not save this urine.
2. Write the date and time on the jug label.
3. From then on, save **all** of your urine in the jug provided, day and night.

To finish the collection:

1. Exactly 24 hours after the date and time you started the collection, empty your bladder and add this urine to the jug.

Example: If the urine collection was started at 9 a.m., the final urine would be collected and added to the jug at 9 a.m. the following day.

2. Write the date and time on the jug label.
3. Bring the jug to the laboratory as soon as you can after the 24-hour collection is done.

- A blood sample will need to be drawn when you bring in your urine collection.
- A blood sample is not needed when you bring in your urine collection.
- Special Instructions:
 - For **1 week before** the start of this test and **during** the 24-hour urine collection, stop taking:
 - Tricyclic antidepressants
 - Labetalol (medication taken for high blood pressure)
 - Sotalol (medication to help keep the heart beating normally)

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24-hour Urine Sample (Heavy Metals) Collection Instructions



Follow these instructions carefully.

General instructions:

1. Do not drink any alcohol during the 24 hours you are collecting the specimen.
2. The collection jug sent home with you may contain a liquid preservative. Do not empty the liquid from the jug.
3. Keep the jug with the urine that is collected in the refrigerator.
4. If you have any questions or concerns, call (800) 932-8758 or (701) 323-5489.

To start the collection:

1. Empty your bladder. Do not save this urine.
2. Write the date and time on the jug label.
3. From then on, save **all** of your urine in the jug provided, day and night.

To finish the collection:

1. Exactly 24 hours after the date and time you started the collection, empty your bladder and add this urine to the jug.
Example: If the urine collection was started at 9 a.m., the final urine would be collected and added to the jug at 9 a.m. the following day.
2. Write the date and time on the jug label.
3. Bring the jug to the laboratory as soon as you can after the 24-hour collection is done.

A blood sample will need to be drawn when you bring in your urine collection.

A blood sample is not needed when you bring in your urine collection.

Special Instructions:

- Do not eat seafood for **48 hours before** the start of this specimen collection.
- If you were given gadolinium or contrast media with iodine for an x-ray or scan, **wait 96 hours** to start the specimen collection.

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24-hour Urine Sample (HVA) Collection Instructions



Follow these instructions carefully.

General instructions:

1. Do not drink any alcohol during the 24 hours you are collecting the specimen.
2. The collection jug sent home with you may contain a liquid preservative. Do not empty the liquid from the jug.
3. Keep the jug with the urine that is collected at room temperature.
4. If you have any questions or concerns, call (800) 932-8758 or (701) 323-5489.

To start the collection:

1. Empty your bladder. Do not save this urine.
2. Write the date and time on the jug label.
3. From then on, save **all** of your urine in the jug provided, day and night.

To finish the collection:

1. Exactly 24 hours after the date and time you started the collection, empty your bladder and add this urine to the jug.
Example: If the urine collection was started at 9 a.m., the final urine would be collected and added to the jug at 9 a.m. the following day.
2. Write the date and time on the jug label.
3. Bring the jug to the laboratory as soon as you can after the 24-hour collection is done.

- A blood sample will need to be drawn when you bring in your urine collection.
 - A blood sample is not needed when you bring in your urine collection.
 - Special Instructions:
 - Stop taking Levadopa (medication taken for Parkinson's) at least **24 hours before** starting this urine collection. Do not take Levodopa until the collection is done.
 - Stop taking Bactrim (an antibiotic) at least **72 hours before** starting this urine collection. Do not take Bactrim until the collection is done.
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24-hour Urine Sample (Catecholamines) Collection Instructions



Follow these instructions carefully.

General instructions:

1. Do not drink any alcohol during the 24 hours you are collecting the specimen.
2. The collection jug sent home with you may contain a liquid preservative. Do not empty the liquid from the jug.
3. Keep the jug with the urine that is collected in the refrigerator.
4. If you have any questions or concerns, call (800) 932-8758 or (701) 323-5489.

To start the collection:

1. Empty your bladder. Do not save this urine.
2. Write the date and time on the jug label.
3. From then on, save **all** of your urine in the jug provided, day and night.

To finish the collection:

1. Exactly 24 hours after the date and time you started the collection, empty your bladder and add this urine to the jug.

Example: If the urine collection was started at 9 a.m., the final urine would be collected and added to the jug at 9 a.m. the following day.

2. Write the date and time on the jug label.
3. Bring the jug to the laboratory as soon as you can after the 24-hour collection is done.

A blood sample will need to be drawn when you bring in your urine collection.

A blood sample is not needed when you bring in your urine collection.

Special Instructions:

- For **1 week before** the start of this test and **during** the 24-hour urine collection, stop taking drugs that release or hinder the metabolism of epinephrine, norepinephrine and dopamine.

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24-hour Urine Sample (Oxalate) Collection Instructions



Follow these instructions carefully.

General instructions:

1. Do not drink any alcohol during the 24 hours you are collecting the specimen.
2. The collection jug sent home with you may contain a liquid preservative. Do not empty the liquid from the jug.
3. Keep the jug with the urine that is collected in the refrigerator.
4. If you have any questions or concerns, call (800) 932-8758 or (701) 323-5489.

To start the collection:

1. Empty your bladder. Do not save this urine.
2. Write the date and time on the jug label.
3. From then on, save **all** of your urine in the jug provided, day and night.

To finish the collection:

1. Exactly 24 hours after the date and time you started the collection, empty your bladder and add this urine to the jug.
Example: If the urine collection was started at 9 a.m., the final urine would be collected and added to the jug at 9 a.m. the following day.
2. Write the date and time on the jug label.
3. Bring the jug to the laboratory as soon as you can after the 24-hour collection is done.

- A blood sample will need to be drawn when you bring in your urine collection.
- A blood sample is not needed when you bring in your urine collection.
- Special Instructions:
 - **Do not** take more than 2 grams of Vitamin C in 24 hours during this test.

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