



## Recommended Patient Instructions for 24-hour Urine Collections

**TO THE PATIENT:** Your physician has ordered a test that requires the collection of a 24 hour urine sample. It is important that you read and follow these instructions to ensure the best possible results. Do not add anything but urine to the bottle and **do not pour out any liquid or powder that may already be in the collection bottle.** (This is a preservative, however not every test will have a preservative.) If you have any questions please call us at 256-233-9131.

### *Collection instructions:*

- Do not urinate directly into the large collection container. Always void (urinate) into a smaller container or collection “hat” and transfer to the larger collection bottle.
- Upon arising in morning, urinate into toilet, emptying bladder completely. Do not collect this specimen. Note exact time and write it down on container label.
- Collect all urine voided after this time for 24 hours in container provided by laboratory. All urine passed during the 24-hour time period (day and night) must be saved.
- Refrigerate collected urine between all voiding or keep in a cool place.
- At exactly the same time following morning, void completely again (first time after awakening), and add this specimen to collection container. This completes your 24-hour collection.
- Take the 24-hour specimen to the laboratory as soon as possible, maintaining the cool temperature in transit by placing specimen in a portable cooler or insulated bag.

### **Interference of Medications and Other Substances with 24-hour Urine Tests**

Direct drug interference is least likely in blood tests, as drug concentrations are usually very low. However, drugs or their metabolites frequently are concentrated in the urine in sufficient amounts to interfere significantly with urine assays.

- Drug effects usually cause high values rather than false low values.
- Tranquilizers should be discontinued 48 to 72 hours before urine specimens are collected for steroid studies (17-ketogenic steroids or 17-ketosteroids).

### **Additional Instructions for Special Testing**

- Coffee, tea, alcohol and chocolate should be avoided 48 hours before collection of urine specimens for Vanillylmandelic Acid (VMA).
- Hydroxyindoleacetic Acid (**5-HIAA**)—Patients should exclude pineapple, banana, eggplant, avocado, walnuts, plums, and tomatoes from their diet prior to and during collection period.