

24-Hour Urine Collection Instructions

Please read all of this material before you start your urine collection.

Your health care provider wants you to collect urine for testing as part of your health care. Important decisions depend on the results of your urine test. If you have questions about why you are collecting urine or your urine test, contact your health care provider. Your urine collection is for 24-hours.

For any reason, any of the urine you pass during the 24-hour time period is not put into the provided collection container, if urine is spilled from the collection container, or if the preservative is removed, your urine test will not be accurate and you may need to do the urine collection again.

Urine Collection Kit

Your urine collection kit contains:

- Patient instruction material.
- A plastic urine cup and/or plastic hat.
- A labeled orange urine collection container that may or may not have a preservative in it. (Use only the collection container provided. This helps with correct handling and reporting of test results to your health care provider.)

If your urine collection kit does not have the items on this list, or if you have questions about contents in your urine collection kit, call your health care provider.

Your health care provider may want more than one urine test done. If the tests need different preservatives, you will need to collect urine in separate 24-hour time periods. You will be given a container for each 24-hour urine collection.

Patient Education/Special Instructions

Before you start, follow the instructions that are marked.

- 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 an 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 seafood for 48-hours before you start your urine collection.

- 5-HIAA:** For 48-hours before you start your urine collection, and during the 24-hours you collect urine:

Please limit the following to 1 serving per day:

- Fruits
- Vegetables
- Nuts
- Caffeinated beverages or food

DO NOT take medications that contain:

- L-dopa
- Acetaminophen
- Aspirin
- Cough Syrup
- Cold and Flu medications
- Antihistamines

*If any of these medications are necessary, please contact your health care provider.

- Oxalate:** DO NOT take more than 2 grams of vitamin C during the 24-hour collection period.
- Other:

Record Start and Stop Times

Write your start date and time, and your stop date and time below, as well as on the label of the orange collection container. (The stop time is 24-hours after the start time. For example, if you start at 7 a.m. one day, your stop time is 7 a.m. the next day.) These times are needed for accurate test results.

Start: _____ day _____ a.m./p.m.

Stop: _____ day _____ a.m./p.m.

Urine Collection Instructions

If you have questions about these collection instructions, call your health care provider.

Urinate at the start time but do not collect this urine. This urine was made before your collection time period began and should **NOT** be part of your collection. Pass this urine into the toilet, DO NOT pour into orange collection container.

1. Use the plastic hat or cup provided to catch all the urine you pass each time you urinate for the next 24-hours. You also may use a clean paper, plastic, or glass container, but not a metal container.
2. Pour the urine into the orange collection container after each time you urinate. Rinse the plastic cup or glass container with tap water after each use. Throw away a paper container after one use.

3. If there is a preservative in the orange collection container, it is important that you **DO NOT** urinate into the orange collection container because the preservative could splash on you and cause a burn.
4. If possible, keep the urine in the refrigerator unless instructed otherwise.
5. If the orange collection container has filled before your 24-hours has been completed, another urine collection container will have to be obtained from either the clinic or hospital.

To end your 24-hour urine collection, urinate at the stop time. Pour the urine into the orange collection container. This urine was made during your collection time period and should be part of your collection.

If you are doing only one 24-hour urine collection, go to “Returning Your Urine Collection Container” information below.

If you are doing another 24-hour urine collection, write your start date and time and stop date and time here, and also on the label of the second orange collection container.

Start: _____ day _____ a.m./p.m.

Stop: _____ day _____ a.m./p.m.

If you are conducting your second urine collection, right after your first 24-hour collection period, then the stop time of your first 24-hour period collection will be the same as the start time of your second 24-hour collection period.

If you do not start your second collection right after your first collection, urinate at the start time but do not collect this urine. This urine was made before your collection time period began and should not be part of your collection. Your first true collection will be after the start time you wrote above.

Repeat steps 1 through 4 of the “Collecting urine instructions,” as stated above.

Returning Your Urine Collection Container

Ensure the orange collection container is labeled with the following:

- First and last name
- Date of birth
- Collection start date and time
- Collection end date and time.

Return your specimen to your Ridgeview clinic or Ridgeview hospital location.

Reference:

Mayo Foundation for Medical Education and Research