

## 24 Hour Urine Collection Patient Instructions

TEST	Important Collection Notes	Foods to Avoid
All Tests	<ul style="list-style-type: none"> <li>❖ Specimen collection instructions must be followed correctly to ensure accurate test results. Incomplete 24 hour collections may be rejected.</li> <li>❖ Store supplied collection container(s) in a cool dark space once urine has been added to it</li> <li>❖ FEMALES – Do not collect a 24 hour urine while menstruating.</li> </ul>	
All Trace Elements	<ul style="list-style-type: none"> <li>❖ Collect in a clean environment</li> <li>❖ It is important that dust from clothing does not contribute to the specimen contents.</li> <li>❖ <b>Do not</b> collect urine in metal or glass urinals, pans or containers.</li> </ul>	
Creatinine Clearance	<p>Have your blood drawn within 72 hours of the start time or the finish time of the 24 hour urine collection. For convenience, have blood drawn when collection containers are obtained or dropped off at the laboratory.</p> <p>Note: <b>Serum CREA must</b> be collected within 72 hours of the start time or the finish time of the 24 hour urine collection.</p> <p><b>Please write</b> your correct Height and Weight on the requisition.</p>	
Catecholamine VMA Metanephrines 5-H1AA Trace Elements Oxalate	<p>Please refer to the collection instructions at: <a href="http://www.albertahealthservices.ca">www.albertahealthservices.ca</a></p> <p>Information for Health Professionals &gt; Teams and Departments &gt; Lab Services &gt; Patient Instructions Sheets &gt; Collection Instructions &gt; 24 Hour Urine Sample</p> <p><b>Or</b></p> <p>Inquire at your nearest Laboratory for Patient Instruction Sheets</p>	Refer to Patient Instruction Sheets

**CAUTION:**

- The collection bottle may contain a preservative in the form of a tablet or strong acid solution.
- **DO NOT** remove this solution from the container. This solution may cause burns if in contact with skin, fabric and many solid materials.
- **DO NOT** urinate directly into the container (unless instructed to do so).
- **DO NOT** splash when adding urine to the collection container. If contact with the contents of the collection container occurs, flush the area with water for 15 minutes and seek medical attention if necessary.
- Keep the container in an **UPRIGHT POSITION** to prevent the contents from leaking or spilling.
- **Keep the collection bottle out of reach of children.** Seek medical attention if the contents of the collection bottle are accidentally ingested.
- If a 2<sup>nd</sup> container is needed, please return to your local laboratory to obtain one. Collection in a non-sterile container will not be accepted.

Step	Instructions
1.	Confirm the collection container is labelled correctly with: <ul style="list-style-type: none"> <li>➤ Your (the patient) first and last name</li> <li>➤ Healthcare number and</li> <li>➤ Date of birth.</li> </ul> <b>Incorrectly or incompletely labelled specimens will not be tested.</b>
2.	Select a start time. Empty your bladder into the toilet as usual. Make note of the time.
3.	Record this time and date on the collection container label as the <b>START TIME AND DATE</b> .
4.	The next time you pee, and every time you pee for the next 24 hours, collect and pour <b>all urine</b> into the container(s) provided, for a complete 24 hour period.  <b>Note:</b> Do not urinate (pee) directly into the container (unless instructed to do so by the laboratory). Urinate in a clean container (example, ice cream pail) first, then pour the urine into the collection container. Replace the lid tightly after each collection. Swirl gently to mix. Keep the container upright and in a cool, dark place.
5.	Collect your last urine sample at exactly 24 hours after the <b>START TIME</b> . Try to collect the last sample at this time even if you do not feel the urge to pee. Empty your bladder completely.
6.	Record this time and date on the collection container label as the <b>FINISH TIME AND DATE</b> .
7.	Deliver the container(s) and lab requisition to the laboratory the same day the collection is finished (check the laboratory hours of operation first). If the laboratory is closed when the collection is finished, store the container in a cool dark place until the laboratory is open and the container can be dropped off.

**Example:**

- **First Urine** - is voided at 8:00 a.m. on August 1, into the toilet. Record the start time and date on the container label(s) and requisition as August 1, 8:00 a.m.
- **Second urine same day** – is voided into the collection cup or container provided by the laboratory. This and all urines within the next 24 hours are collected.
- **24 hours from first urine** - Urine is voided at 8:00 a.m. on August 2, into the collection container. Record the finish time and date on the container label(s) and requisition as August 2, 8:00 a.m.