

PATIENT INSTRUCTIONS FOR 24-HOUR URINE COLLECTION

1. It is recommended that you begin the 24-hour urine collection in the morning. Plan to start the collection at a time of day so that the container can be returned the next day within 3 hours of completion and at a time when a hospital outpatient laboratory is open.
2. At the time you choose to start the collection, record the start date and time in the provided space on the container label. Urinate into the toilet and flush, **DO NOT SAVE** this urine in the container.
3. For the next 24 hours, collect all urine and add to the container. Do not urinate directly into the container **if** a preservative has been added. (Some tests require a preservative to be added to the container prior to start of collection. If so, the container will have a label on it stating that a preservative has been added. A clean dry jar or bottle may be used to collect and transfer urine to the container.)
4. **ALL urine** is needed for accurate testing. If you fill the container, continue the collection into any clean, dry, leak proof container. Call the laboratory for instructions if you have omitted or spilled any urine (see below for phone numbers).
5. Keep the container cold during the entire collection. (Refrigerate or store in a cooler with ice).
6. Exactly 24 hours after the start time, **urinate and ADD this last urine sample to the container**. Record this end date and time in the provided space on the container label.
7. Print your name and birthdate in the provided spaces on the container's label.
8. Deliver the container **with your lab order** to the laboratory within 3 hours of completing the collection. Keep cool during transport.
9. Delivery to a **hospital** outpatient laboratory is preferred. Drop off at other locations (such as physician office or outpatient lab draw stations) will delay delivery of the sample to the hospital laboratory which may delay time sensitive processing and affect test results. If you have questions regarding where or when you can drop off the container, call any Munson Healthcare hospital laboratory:

MHC Laboratory	Phone Number
Cadillac Hospital Laboratory	231-876-7295
Charlevoix Hospital Laboratory	231-547-8541
Grayling Hospital Laboratory	989-348-0352
Kalkaska Memorial Health Center Laboratory	231-258-7508
Manistee Hospital Laboratory	231-398-1153
Munson Medical Center Laboratory	231-935-6100
Otsego Memorial Hospital Laboratory	989-731-2187
Paul Oliver Memorial Hospital Laboratory	231-352-2204

See reverse side of this form for additional special instructions on 24-hour urine tests

SPECIAL INSTRUCTIONS FOR SELECT 24-HOUR URINE TESTS

For the tests listed below, follow these additional special instructions:

CREATININE CLEARANCE:

This test **requires a blood draw to be done within 24 hours of the urine collection**. Keep this in mind when choosing the time to start your collection. When dropping off your urine collection, you will need to have your blood drawn for a creatinine test if it was not drawn just prior to the start of the collection. Your current height and weight information is also required. **Please write your height and weight on the lab order and container's label**, if it has not already been recorded there by your care provider.

5-HIAA:

Do not eat the following foods for at least 48 hours prior to and during the collection period:

Avocados, bananas, butternuts, cantaloupe, dates, eggplant, grapefruit, hickory nuts, honeydew melon, kiwifruit, melons, nuts, pecans, pineapple, plantains, plums, tomatoes and tomato products, or walnuts. Substances in these foods may interfere with this test.

Also avoid these medications or medications that contain: L-dopa, acetaminophen (Tylenol), salicylates, (aspirin) and cough syrup containing guaifenesin.

HEAVY METALS SCREEN:

(Arsenic, Lead, Cadmium, Mercury)

Do not eat seafood during the 48-hour period prior to start of collection.

If you have had a radiology procedure where contrast media has been administered, the urine collection should not be started for at least 96 hours after that procedure.

Clean, plastic containers with no metal caps or glued inserts must be used for urine collection. Use the container(s) provided to you by the laboratory or your care provider. Urinate directly into that container, rather than using any household containers or utensils. **Do not** collect urine in metal-based containers such as metal urinals or pans. Do not collect urine specimens in the environment in which exposure to these metals is likely to occur. It is also important that dust from clothing not contribute to the specimen contents.

URINE TESTS REQUIRING A PRESERVATIVE DURING COLLECTION:

Homovanillic acid (HVA), Porphyrin, Inherited Conjugated Hyperbilirubinemia.

Each of these 3 tests requires a specific preservative (a small amount of powder or liquid) to be added to the collection container **PRIOR** to the start of the collection.

Caution should be taken not to come into contact with the preservative, or to allow the contents to spill out of the container. It is recommended that you urinate into another clean, dry container and add this urine to the jug, rather than urinating directly into the container.

If the provided container (with preservative added) becomes full prior to the end of the collection period, you can continue the collection as follows: Mix the contents of the filled container, and pour half of its contents into another clean, dry container. Add any additional urine collected to the first container.