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PATIENT EDUCATION

24-Hour Urine Collection Instructions

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

Collect urine for testing

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.

Your urine test will not be accurate and you may need to do the urine collection again if, for any reason, any of the urine you pass during the 24-hour time period is not put into the provided collection container and returned as instructed.

Urine collection kit

Your urine collection kit contains:

- This patient instruction material.
- 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.
- A plastic cup to catch your urine.

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.

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

Before you start

Follow the instructions that are checked.

- ☐ 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 shellfish for 48 hours before you start your urine collection **and** during the 24 hours you collect urine.
- ☐ **Calcium:** Do not take laxatives during the 24 hours you collect urine.
- ☐ **5-HIAA:** For 48 hours before you start your urine collection **and** during the 24 hours you collect urine:
 - Avoid food high in indoles: avocado, banana, tomato, plum, walnut, pineapple, and eggplant. Limit the following to one serving per day:
 - Fruits
 - Vegetables
 - Nuts
 - Caffeinated beverages or foods
 - Do not take the following over-the-counter (OTC) medications:
 - Acetaminophen (Tylenol™ or generic versions)
 - Aspirin
 - Antihistamines
 - Cough syrups
 - Cold and flu medications
 - Some prescription medications could interfere with test results. Contact the health care provider who ordered this test if you have any questions about the prescription or OTC medications you take. Ask whether you should stop any medications and, if so, how to do so. Also ask your provider how you should restart any medications that you stop.

☐ **Oxalate:** Do not take more than 2 grams of vitamin C during the 24 hours you collect urine.

☐ **Other:** _____

Record start and stop times

Write your start date and time and stop date and time here and on the label of the orange collection container. These times are needed for accurate test results. The stop time is 24 hours after the start time. For example, if you start at 7 am one day, your stop time is 7 am the next day.

Start: _____ day _____ am/pm

Stop: _____ day _____ am/pm

Collecting urine instructions

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

1. **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.
2. Use the plastic 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 or glass container, but not a metal container.
3. 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.
4. If a preservative is 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.
5. **Keep the urine in the refrigerator throughout the entire 24-hour period unless instructed otherwise.**

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** below.

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

Start: _____ day _____ am/pm

Stop: _____ day _____ am/pm

The stop time of your first collection and the start time of your second collection **are the same if** you do your second collection **right after** your first collection.

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.

Repeat steps 1 through 4 of the “Collecting urine instructions.”

Returning your urine collection container

Return your specimen to the outpatient laboratory on the day the test is completed. Upon your return, you must sign-in and register with a clerk. You are required to present your doctors orders and insurance card with the completed urine collection.

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.

ChristianaCare Department of Pathology and Laboratory Services | 4755 Ogletown Stanton Road | Newark, DE 19718 | christianacare.org

MAYO CLINIC LABORATORIES | 3050 Superior Drive NW | Rochester, MN 55901 | mayocliniclabs.com | 800-533-1710

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