

# 24-Hour Urine Test, Collection Instructions

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The information your doctor receives from your test(s) is only as accurate as the collection procedure you follow. Therefore, it is important that you collect the urine in the following manner:

1. You must begin all 24-hour urine collections with an empty bladder. When you wake up the morning of the day the collection is to begin, empty your bladder, discard the urine and note the time.
2. Collect all urine throughout the day and night. **Keep samples refrigerated at all times unless otherwise specified.**
3. The next morning wake up at the same time you did the day you began the collection, empty your bladder and add this to the urine you collected the day before. This completes the 24-hour urine collection.
4. Return specimen to a Weland Clinical Laboratories site as soon as possible after collection.

**IMPORTANT:** Before you stop taking any medications you must check with your physician!

The following is a list of preparation requirements for tests requiring 24 hour urine collection:

**5-HIAA** –Patients should avoid for a 72-hour period prior to and during collection the following foods and drugs or any compound containing these drugs; avocados, bananas, eggplant, plantain, plums, tomatoes, pineapples, walnuts, taking cough syrup containing guaifenesin, Tylenol, Empirin, Acetanilid, Glyceryl Guaiacolate, Mephenesin, Methocarbamol, Reserpine, Chlorpromazine, Promazine, Imipramine, Isoniazid, MAO Inhibitors, Methenamine, Methyl dopa and Phenothiazines.

**17 Hydroxycorticosteroids** – No special preparation required.

**17 Ketosteroids** - No special preparation required.

**17 Ketogenic Steroids** - No special preparation required.

**Catecholamines** – Avoid patient stress. Many drugs (reserpine and alpha methyl dopam, levadopa, monoamine oxidase inhibitors and sympathomimetic amines) may interfere and should be discontinued two weeks prior to specimen collection. Nose drops, sinus and cough medicines, bronchodilators and appetite suppressants,  $\alpha_2$  – agonists, calcium channel blockers, converting enzyme inhibitors, bromocriptine, phenothiazine, tricyclic antidepressants,  $\alpha$ - and  $\beta$ -blockers, and laetalol may interfere. Mandelamine® interferes, but thiazides do not. Caffeine products should be avoided before and during collection. The patient should not be subjected to hypoglycemia or exertion. Increased intracranial pressure and clonidine withdrawal can cause false-positive results.

**Citric Acid** - No special preparation required.

**Creatinine** – No special preparation required.

**Heavy Metals** – Patients should avoid seafood and red wine 72 hours prior to collection.

**Oxalate** – No special preparation required.

**Metanephrines** – No caffeine before or during collection. Monoamine oxidase inhibitors (Marplan, Nardil, Parnate) should be discontinued at least one (1) week prior to beginning collection.

**Vanillylmandelic Acid VMA** – Patients should avoid for 72 hours prior to collection salicylates, caffeine, phenothiazine and antihypertension agents. Also coffee, tea, chocolate, fruit (especially bananas and any vanilla containing substances).