



Dear Patient,

We are pleased you have chosen Beebe Healthcare Laboratory for your testing needs and we look forward to serving you. This brochure has information that will be helpful to obtain the most accurate results for this test. If you have further questions, or concerns. Please do not hesitate to call us at (302) 645-3241.



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24 hour Urine

Collection Instructions
for Patients



Clinical Laboratory and Pathology Services

Dear Patient,

Your physician has requested this 24-hour urine collection as part of your health care. It is important that you follow these instructions to provide a valid test sample. The collection must include all the urine you pass in a 24-hour period. The test will be inaccurate and may have to be repeated if, for any reason, some of the urine you pass during the 24 hour period is not placed into the collection container.

Please tell the laboratory representative or nurse if you are taking an antihistamine (allergy or cold remedy).

Note:

If your physician has requested a 24-hour urine for Creatinine Clearance, a blood specimen must be drawn within 24 hours of the collection. It can be drawn just before you start the 24-hour collection, during the collection or when you deliver the specimen.

Contents of the 24 hour urine kit:

- Instructions brochure
- Labeled 24 hour urine collection container, which may or may not contain a preservative
- Plastic collection "hat" (may also include a 3-sided plastic cup)



Dietary Instructions

____ You do not need to follow any special instructions. You may follow your usual routine.

____ Arsenic, 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.

____ (5-HIAA) For 24 hours before you start your collection and during the collection, do not eat any of the following:

- Avocados
- Bananas
- Butternuts
- Cantaloupe
- Dates
- Eggplant
- Grapefruit
- Hickory nuts
- Honeydew
- Kiwifruit
- Melon
- Nuts (including walnuts and pecans)
- Pineapple
- Plantain
- Plums
- Tomatoes
- Tomato based foods and beverages

____ (Arsenic or Heavy Metals) Do not eat shellfish for 48 hours before you start your urine collection and during the 24 hours you collect urine.

____ (Oxalate) Do not take more than 2 grams of Vitamin C during the 24 hour you collect urine.

____ (Uric Acid) Do not drink alcoholic beverages during your 24- hour urine collection.

Other:

Collection Instructions

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 a.m. one day, your stop time is 7 a.m. the next day.

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

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

1. Collect all the urine you pass for the next 24 hours. Use the plastic cup provided, a clean paper cup, or a clean glass container to catch your urine each time.
2. **Specimen should remain refrigerated throughout the collection.**
3. Urinate at the start time but do not collect this urine. Flush the first specimen and note the time. This will be your **start time**.
 - The collection container may contain a preservative. DO NOT DISCARD the preservative.
 - DO NOT use a metal container to catch urine.
 - DO NOT urinate directly into the collection container because preservative could splash on you, causing a burn.
 - If you accidentally get acid or urine on your skin or clothing, rinse the affected area immediately with plenty of cold water.
 - If you fill up the urine container that was given to you prior to reaching 24 hours, you may go to the site where you were given the first container and request another.
4. To end the collection, try to urinate again at the same time 24 hours after the start time. If you cannot urinate at this time, it is okay.
5. Deliver the 24 hour collection to a Beebe Healthcare site as soon as possible after completion of collection.

Beebe Healthcare is committed to providing the highest standard of care for every member of the community. We use the latest advances in medical technology and state-of-the-art instrumentation. Beebe Healthcare is committed to provide the best information possible to your doctor—it's about your health and your life.