

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

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.

### Your urine collection kit contains

- This patient instruction sheet.
- An orange urine collection container that may or may not have a preservative in it. Use only the collection container provided.
- 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 you have questions about these collection instructions, call the laboratory.

### Urine collection instructions

1. Write your name and DOB on the container label.
2. Write your start date and time 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.
3. **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.
4. Use the plastic cup (if 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.
5. 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.
6. 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.
7. Keep the urine in the refrigerator unless instructed otherwise.
8. 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. Record the stop date and time on the container label.

9. Return the specimen to the laboratory during normal business hours. Bring the specimen to the outpatient registration desk of the main lobby. You will need to register, please plan accordingly. Lab staff will take the specimen from you and verify the specimen has been collected and labeled correctly.
10. If requested testing requires additional samples, such as a blood collection, that specimen should be collected at this time.

### **Special Collection Instructions**

- 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 collection before the CT scan or MRI, or start your collection 96 hours or more after the CT or MRI scan. If you are not sure you will have contrast medium for your 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.
- 5HIAA: For 48 hours before you start your urine collection and during the 24 hours you collect urine, do not eat:
  - Avocados
  - Bananas
  - Butternuts
  - Cantaloupe
  - Dates
  - Eggplant
  - Anything containing L-dopa, acetaminophen or salicylates, or cough syrups containing guaifenesin
  - Hickory nuts
  - Honeydew
  - Kiwi fruit
  - Melon
  - Pineapple
  - Grapefruit
  - Plantain
  - Plums
  - Tomatoes
  - Tomato-based foods and beverages
  - Nuts, including walnuts and pecans
- Oxalate: Do not take laxatives during the 24 hours you collect urine.
- Other: