

# Patient Instructions for 24-Hour Urine Collection

Your provider has ordered laboratory test(s) that require the use of special containers for collection. After collection, please deliver specimen(s) to your provider's office or one of the below listed Laboratories as soon as possible. Please call the Laboratory if you have any questions.

## **Please label EACH CONTAINER with**

- 1. Complete Name (First and Last Name)**
- 2. Date of Birth**
- 3. Date and Time of Collection**



During the 24-hour collection, drink normal amounts of liquids and follow your regular diet, unless your provider or specific lab testing instructs otherwise. Do not drink alcoholic beverages before and during collection. For the proper evaluation of tests on a 24-hour urine sample, it is important that **all** of the urine you pass over a 24-hour period is collected.

1. On the day you begin collection, you should empty your bladder when you get up in the morning and discard this urine. Write down the time and the date. **Do not** put this urine into the collection bottle.
2. From then on, you will need to collect all urine you pass during the day and night. Use the clean cup provided to urinate in and to pour this urine into the collection bottle.
3. Make your final collection when you empty your bladder on the next morning at the same hour that you began collection. This is your last specimen and you **do** put it into the collection bottle. Write down the time and the date.
4. Keep the collected urine refrigerated and bring it to our laboratory as soon as possible after the 24-hour collection is complete.
5. Remember that this is a 24-hour specimen; therefore, if you begin collection at 7:00am (example), you should finish your collection at 7:00am the following day.
6. If there are any questions, please feel free to call the laboratory.

## **Special Instructions for Collection for a 24-hour Urine 5-Hydroxyindoleacetic Acid (5-HIAA) measurement:**

1. Contact your healthcare provider to see if you need to stop using prescription and over-the-counter medication 48-72 hours before the test.
2. Please avoid the following foods 48-72 hours prior to testing and during the 24-hour collection: avocados, bananas, eggplant, pineapple, plums, tomatoes, and walnuts. These foods contain serotonin and can affect the results of the test. Also, avoid taking cough syrup containing glycerol guaiacolate (guaifenesin) and/or naproxen. These two compounds can falsely elevate your results.

## **Special Instructions for Collection for a 24-Hour Urine Vanillylmandelic Acid (VMA):**

Contact your healthcare provider to see if you need to stop using certain prescription drugs, especially certain medications that treat Parkinson's symptoms, depression, diabetes, high blood pressure and alcohol abuse.

## **Return specimens to one of the circled locations below:**



Return specimens to this clinic

### **Pathology Laboratory - Downtown**

1212 Pleasant St Lower Level 9  
Des Moines, IA 50309  
Phone (515) 241-8878  
Monday – Friday 7:00a – 6:00p  
Saturday 8:00a - Noon

### **Pathology Laboratory - Ankeny**

3625 North Ankeny Blvd Suite G  
Ankeny, IA 50021  
Phone (515) 965-4670  
Monday - Friday 7:00a – 5:00p

### **Pathology Laboratory - Lakeview**

6000 University Ave, Ste 165  
West Des Moines, IA 50326  
Phone (515) 241-2622  
Monday- Friday 7:00a – 5:30p