

How to Collect a 24Hour Urine Specimen

Patient Information sheet

Before you start your collection

It is important that you follow these directions in order to get the correct results from the tests.

If you expect to produce more than 2.5litres of urine in the 24hrs, please ask for a second container.

For some tests, there are dietary & drug restrictions. If in doubt, check with your clinician before beginning the specimen collection. Before you stop taking any medications you must check with your clinician. You may drink as much fluid as you normally would during the 24hr collection period.

Further information about urine tests & pathology tests in general can be found at

<http://www.labtestsonline.org.uk/>

Plan your collection for a day off or a weekend but if you plan to go out, do take your collection bottle with you!

Important decisions regarding your treatment may depend entirely upon proper test results. It is important that you make sure your collections are complete.

An incomplete collection can give misleading results

Instructions

Some urine collections require collecting into a preservative. In this case, there will be a small volume of liquid in the container. **Please do not discard or rinse out.**

Note any safety warnings or instructions which may be attached on the outside of the urine container.

You should aim to collect every drop of your urine during the specified 24hr period.

It does not matter what the volume of urine is, as long as it represents every drop you pass.

Please do not pass urine directly into the container.

Collect the urine firstly into a clean, dry, non- metallic container

For example a small bowl or jug, then pour into the main 24hr urine collection bottle.

Begin at the usual time that you wake.

At that time, pass your urine, flush it down the toilet and note the exact time.

You will now have an empty bladder and an empty bottle.

The collection will start from this time .

Please note both the date & time on the collection bottle label where it says Start date/time

Collect every drop you pass during the day & night, for 24hrs, and finish the collection by passing urine at exactly the same time the next morning.

You should add this final specimen to the bottle.

Keep the sample container cool; closed and protected from the light between each time you pass urine.

The time you pass the last urine specimen should not vary by more than 5-10minutes from the starting collection time the previous day. This is the end of the collection.

Please note date/time on sample bottle label where it says finish date &time

Check that the bottle label contains your full name, date of birth, clinic or GP surgery number.

Please check cap is firmly screwed onto container. Place the request card you received from your clinician in the side pocket on the bottle, then place bottle in 24hr urine transport bag.

Take the completed 24hr Urine Collection to either your local GP Practice for pick up by Pathology Courier Service, or if attending a UHNS Clinic, the 24hr Urine Sample may be left at the Main desk/Reception Area to be stored in a locked drop box.

PLEASE DO NOT OVERFILL THE CONTAINER – FURTHER CONTAINER(S) ARE AVAILABLE ON REQUEST.

**Directions for Patients Requesting 24hr Urine Collection for
Normetanephrine, Catecholamines & HIAA**

ACID PRESERVATIVE CONTAINER-



Very important safety notice

The large urine container contains an acid preservative. **Do not discard** this before commencing the collection. **This preservative is toxic and corrosive –avoid contact and keep out of reach of children.** Any spillage must be mopped up with plenty of water and if contact occurs, rinse skin with copious amounts of water.

It is important that you follow these directions in order to get the correct results from the tests. The release of these substances may be influenced by several foods and drugs.

Avoid the following foods for 3 days prior & during the 24hr collection period.

For 5HIAA analysis avoid the following foods:

- ***Bananas / Pineapple and its juice***
- ***Tomatoes and all tomato products***
- ***Plums / Eggplant***
- ***Avocado /Kiwi***
- ***Fruits in general***
- ***Nuts, especially walnuts***

ALL of the above contain 5-Hydroxytryptamine (serotonin).

For Catecholamine/Normetanephrine analysis avoid the following;

- ***Coffee, (including decaffeinated), Tea, Chocolate, Cocoa , Vanilla***
- ***Bananas, Oranges / other Citrus Fruits***
- ***Emotional & Physical Stress / Vigorous exercise should be minimised prior to and during collection as they can increase catecholamine secretion.***
- ***Excess nicotine, smoking-patches- e cigarettes,***
- ***Curry leaves & chili-capsaicin.***

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Your doctor may ask you to discontinue some medication as some drugs increase urine catecholamine measurements:

<i>Alpha-blockers</i>	<i>Aminophylline</i>	<i>Amphetamine</i>	<i>Benzodiazepines</i>	<i>Buspirone</i>
<i>Beta-blockers</i>	<i>Caffeine</i>	<i>Catecholamines</i> eg <i>decongestants</i>	<i>Chlorpromazine</i>	<i>Diazoxide</i>
<i>Domperidone</i>	<i>Ethanol</i>	<i>Glyceryltrinitrate</i>	<i>Hydralazine</i>	<i>Levodopa</i>
<i>Labetolol*</i>	<i>Lithium</i>	<i>Metaclopramide</i>	<i>Methyldopa</i>	<i>Nicotonic acid / Nicotine</i>
<i>Nitroglycerin</i>	<i>Sodium nitroprusside</i>	<i>Sotolol</i>	<i>Theophylline</i>	<i>Tricyclic antidepressants</i>

Your doctor may ask you to discontinue some medication as some drugs decrease urine catecholamine measurements:

<i>Clonidine</i>	<i>Disulfiram</i>	<i>Guanethidine + adrenergic blockers</i>	<i>Imipramine</i>	<i>MAO inhibitors</i>
<i>Methylglucamine**</i>	<i>Methyltyrosine</i>	<i>Phenothiazines</i>	<i>Reserpine</i>	<i>Salicylates</i>

Some medications have variable effects on urine catecholamine measurements:

<i>Levodopa</i>	<i>Tricyclic antidepressants</i>	<i>Calcium channel blockers</i>	<i>ACE inhibitors</i>	<i>Bromocriptine</i>
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Your doctor may ask you to discontinue some medication as some drugs can increase 5HIAA measurements:

<i>Cough Syrup</i>	<i>Reserpine</i>
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Your doctor may ask you to discontinue some medication as some drugs can decrease 5HIAA measurements:

<i>Heparin</i>	<i>Isoniazid</i>	<i>Levodopa</i>	<i>MAO inhibitors</i>	<i>Methyldopa</i>
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<i>Phenothiazines</i>	Tricyclic antidepressants	
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If it is not possible to avoid your medication for 72 hours (please discuss this with your doctor before starting the test) then remain on your medication but **state what you are taking within the clinical details section of the request card.**