

## 24 Hour Urine Collection Instructions

- **All Urine Collections:** Wait at least 2 days after any X-ray dye injection or nuclear medicine scan for any Urine Collection.
- **General 24 Hour Collection:** No dietary/medication restrictions
- **Metanephrine/Catecholamine 24 Hour Collection:** Restrict caffeine, nicotine and alcohol 24 hours prior to collection. Discontinue Methyl dopa (Aldomet) at least 5 days prior to collection.
- **Citrate/Oxalate:** Restrict Vitamin C-rich foods and Vitamin C supplements 24 hours prior to collection
- **Porphyryns:** Protect sample from light (wrap in foil), keep cool during collection
- **5-BIAA:** See next page for more detailed instructions. Follow collection instructions below:

<p>1. Use only the urine collection container(s) that the lab gives you to use.</p>	<p>Depending on which tests your doctor ordered, there may be a small amount of liquid or powder already in the container. Don't throw that out, it is a chemical preservative and <b>can hurt skin</b>.</p>
<p>2. When you wake up in the morning empty your bladder by passing all the urine you have into the toilet. <b>Now start</b> collecting.</p>	<p><b>Label each container with your name and the collection start date and time.</b> Keep your urine collection in a cool place (refrigerator, cold room, or basement).</p>
<p>3. For that day and overnight collect all your urine into the container. Unless given special instructions, you may drink and eat as usual, and take your usual medicines.</p>	<p>Don't drink extra fluids "to make more urine", just continue your usual habits.</p> <p>Don't add any other liquid to the container (it's larger than necessary for most 24-hour collections).</p> <p>If you forget to save some of your urine, get a new container from our lab and start over again at step #2.</p>
<p>4. When you wake up the next morning empty your bladder by passing all the urine you have into the container.  <b>Now stop</b> collecting.</p>	<p><b>Write the collection end date and time on the label of each container.</b></p> <p>The collection doesn't have to last exactly 24 hours (give or take an hour or so is all right), as long as you write the exact start and end date and time on the container label. Our lab computer uses this information to calculate urine test results.</p>
<p>5. <b>Return complete collection to the Ambulatory Laboratory located at:</b>  <b>600 University Ave, Rm. 461 Monday to Friday 8 a.m. - 5 p.m.</b></p>	<p>Refrigerate the urine until bringing it to our lab. (In hospital your nurses will arrange for refrigeration and delivery to the lab.)</p>

# Special Instructions for 5-HIAA Urine Test

For the **5-BIAA Urine Test**, please follow the instructions below (in addition to the general 24 Hour Urine Collection instructions):

<p>1. Avoid the following foods for <b>4 days prior to and during</b> urine collection:</p>	<ul style="list-style-type: none"> <li>• <b>Avocados</b></li> <li>• <b>Bananas</b></li> <li>• <b>Caffeine</b></li> <li>• <b>Chocolate</b></li> <li>• <b>Currants</b></li> <li>• <b>Eggplants</b></li> <li>• <b>Kiwi Fruits</b></li> <li>• <b>Melons</b></li> <li>• <b>Pineapple</b></li> <li>• <b>Plums</b></li> <li>• <b>Tomatoes</b></li> <li>• <b>Walnuts</b></li> </ul>
<p>2. Avoid certain over-the-counter drugs for <b>3 days prior to and during</b> urine collection.</p>	<ul style="list-style-type: none"> <li>• <u>Pain and fever drugs</u> containing <b>Acetaminophen</b> (Tylenol),</li> <li>• <b>Acetylsalicylic acid</b> (Aspirin), Anilines or <b>Methocarbamol</b></li> <li>• <u>Cough medications</u> drugs <b>Glyceryl guaiacolate</b></li> <li>• <u>Supplements</u> containing <b>5-hydroxytryptophan</b> or <b>B vitamins</b></li> </ul>
<p>3. The following drugs should be avoided <b>3 days prior to and during</b> urine collection. If you are unsure, <b>please consult with your doctor</b> before urine collection.</p>	<ul style="list-style-type: none"> <li>• <u>Parkinson's Disease drugs</u> containing <b>Levodopa</b> (Larodopa, Sinemet)</li> <li>• <u>Antihypertensive drugs</u> containing <b>Methyldopa</b> (Aldomet) or <b>Reserpine</b></li> <li>• Certain <u>chemotherapeutic drugs</u> (<b>Cisplatin, Fluorouracil, Melphalan</b>)</li> <li>• Certain <u>anti-depressant drugs</u> (<b>MAO inhibitors, Imipramine</b>)</li> <li>• Certain <u>anti-infectious drugs</u> (<b>Isoniazid, Erythromycin, Quinine, Tetracycline</b>)</li> <li>• Certain <u>Arthritis drugs</u> (<b>Naproxen, Indomethacin</b>)</li> <li>• Tranquilizers containing <b>Phenothiazines</b></li> </ul>
<p>4. Follow these general tips the day before and the day of the urine collection.</p>	<ul style="list-style-type: none"> <li>• Maintain a generally good food intake - <b>do not</b> "starve" yourself.</li> <li>• Avoid all weight reduction diets.</li> <li>• If you are pregnant, take some extra snacks so you won't be hungry.</li> <li>• If you have diabetes mellitus and take insulin injections, remember to take enough food and insulin (check with your doctor).</li> </ul>