



24-HOUR URINE COLLECTION INSTRUCTIONS:

Please read all the instructions before you begin your urine collection. It is important that you follow these instructions in order to provide a valid test sample. The collection must include all urine that is passed in the 24-hour time period. The test will be inaccurate and may have to be repeated if all of the urine is not placed into the collection bottle.

Follow the dietary instructions listed below:

_____ You do not need to follow any special dietary instructions.

_____ (Arsenic) for 48 hours before you start your 24-hour urine collection and during the collection, do not eat seafood.

_____ (Heavy Metal Screen) For 48 hours before you start your 24-Hour urine collection and during the collection, do not eat Seafood.

_____ (5-HIAA) For 48 hours before you start your 24-hour urine collection and during the collection, do not eat the following:

honeydew	pineapples	cantaloupe	dates	walnuts
grapefruit	plums	tomatoes	avocados	bananas
kiwifruit	plantain	pecans	hickory	nuts

_____ (Oxalate) Limit Vitamin C intake orally to less than 2 gm/24 hours during your 24-hour urine collection.

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

After waking up, void the first morning specimen and discard. From that point on; collect all urine specimen in the container. *****Do not urinate directly into the orange container.*** Use the bedpan provided and carefully empty the collected urine into the orange container. Keep the container refrigerated in between collections, if required. The next morning, collect the specimen in the container. Record the start and finish time, as well as your name, on the bottle.**

After the 24 hours is complete, bring the specimen to the lab as soon as possible. There is a chance you may have to have blood work drawn when you return the specimen.

For questions, please call Client Services at 301-665-4900