
About the collection container

Add urine to the 24-hour collection container using clean small urine cups or collection hat provided.

CAUTION! *Keep containers out of reach of children!*

Before collecting the specimen

Please plan ahead:

- The container with the urine sample must arrive in the laboratory within two hours that you last emptied your bladder.
- The 24-hour collection container must be kept refrigerated or on ice from the beginning of collection until the time you deliver it to the laboratory.
- For select tests there may be a set of dietary restrictions that should be followed. Please refer to Page 2 of the instructions for a list of tests with restrictions.

How to collect the specimen

- The 24-hour measuring period begins when you get out of bed and empty your bladder. **Do not collect this urine**, but do write down the date and time on the specimen container as the **START TIME**.
- Save all urine for the next 24 hours in the 24-hour collection container.
- In order to get correct results, all urine must be saved.
- **TIME COMPLETED:** The last urine sample should be the time you empty your bladder the next morning, 24 hours after the Start Time. Record date and time of this last urine collected on the specimen container.
- *All urine must be collected for 24 hours, please contact the laboratory if an additional container is needed for the full collection.*

After collecting the specimen

- Complete the information on the 24-hour collection container with: First and Last Name, Date of Birth, Date and Time Started, Date and Time Completed (*Patient Height and Weight also required for Creatinine Clearance and Stone-Risk Orders*).
- Bring 24-hour urine collection container with lab orders to the laboratory within two hours of the last collection.
- Blood work is required for a 24-hour **Urine Creatinine Clearance** test. Bring collected specimen and lab order to a Patient Service Center to have blood drawn.

Where to deliver your specimen

- Please bring your specimen and lab order to any of the convenient Concord Hospital Laboratory locations.
 - Up-to-date hours of operation and driving directions are available through our web sites:
concordhospital.org/medical-services/laboratory/ or
concordhospital-laonia.org/programs-and-services/laboratory-services/
 - If you have any questions about specimen collection, please contact one of our Laboratory locations listed below for more information:
Concord Hospital Laboratory - Concord (603) 227-7050
Concord Hospital Laboratory - Laconia/Franklin (603) 524-3211 x13200
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24-Hour Urine Collection Instructions

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LABORATORY DIETARY INSTRUCTIONS FOR SELECTED 24-HOUR URINE TESTS

For proper evaluation of tests on a 24-hour urine sample, it is important that a complete and accurate collection is made. By following the instructions below, the urine sample that you provide will give your provider the most accurate information possible.

ASK YOUR PROVIDER BEFORE STOPPING ANY MEDICATIONS

HEAVY METAL PANEL, COBALT, COPPER, LEAD, MERCURY, CADMIUM, THALLIUM, MERCURY or ARSENIC

Do not eat seafood or take mineral or herbal supplements for three days before the urine collection period.

5-HYDROXYINDOLE ACETIC ACID (5-HIAA)

For three days before collection, do not use tobacco or drink coffee or tea or other beverages that have caffeine. During the urine collection period, do not drink alcohol or beverages that have caffeine or eat food that have avocado, banana, eggplant, tomato, plum, pineapple, or walnuts. Do not use tobacco during this period.

CATECHOLAMINES, FRACTIONATED

Avoid strenuous exercise for three days prior to and during the collection period. It is preferable to be off medications for three days before the collection period. However, diuretics, ACE inhibitors, calcium channel blockers, and alpha and beta blockers cause little or no interference. **ASK YOUR PROVIDER BEFORE STOPPING ANY MEDICATIONS.** During the urine collection period, do not use tobacco or drink alcohol, coffee, tea, or other beverages that have caffeine.

METANEPHRINES

Do not use tobacco or drink coffee, tea or other beverages that have caffeine for three days before collection. It is preferable to be off medications for three days before the urine collection period. However, diuretics, ACE inhibitors, calcium channel blockers, and alpha and beta blockers cause little or no interference. Medications which are alpha agonists (Aldomet®), alpha blocker (Dibenzylin®) should be avoided 18 - 24 hours before collection. **ASK YOUR PROVIDER BEFORE STOPPING ANY MEDICATIONS.**

HOMOVANILLIC ACID

Do not use tobacco or drink alcohol, coffee, tea, or other beverages that have caffeine, and avoid strenuous exercise for three days before collection. It is preferable to be off medications for three days before the urine collection period. However, diuretics, ACE inhibitors, calcium channel blockers, and alpha and beta blockers cause little or no interference. **ASK YOUR PROVIDER BEFORE STOPPING ANY MEDICATIONS.**

OXALATE ACID

Do not drink coffee or tea, or take Vitamin C, or eat spinach, chocolate or rhubarb for at least 48 hours before the collection period.

VANILLYLMANDELIC ACID (VMA)

For three days before collection, do not drink alcohol, coffee, tea, or other beverages that have caffeine, do not use tobacco or nicotine; do not eat bananas or citrus fruits; and avoid strenuous exercise. It is preferable to be off medications for three days before the urine collection period. However, diuretics, ACE inhibitors, calcium channel blockers, and alpha and beta blockers cause little or no interference. **ASK YOUR PROVIDER BEFORE STOPPING ANY MEDICATIONS.**