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Collecting a 24-Hour Urine Sample

Information and advice for patients



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What is a 24-hour urine sample?

A 24-hour urine sample is a collection of all the urine you pass over a period of 24 hours.

What are the benefits of a 24-hour urine sample?

A 24-hour urine sample can help your doctor diagnose your condition or monitor treatment you are receiving. The urine we produce varies throughout the day and night. These differences are 'averaged out' by collecting all urine over 24 hours. This provides a more reliable result than a single urine sample for some tests.

What are the risks of a 24-hour urine sample?

There are no risks to collecting a 24-hour urine sample, but in a few cases, the test may need to be repeated. This could be due to technical reasons, because the results are not clear or because the instructions have not been followed carefully.

How do I collect a 24-hour urine sample?

Before you begin to collect your urine sample, please read page 2 to see if your test has any special requirements.

DO NOT start your collection on a Friday or Saturday or the day before a major holiday.

On these days, you may not be able to return the sample once the collection is complete.

You should have been given a large plastic jug/container to collect your sample in. If you have not, please contact your physician's office or call Total Lab Client Services at 551-996-4881.

Collecting your sample

1. When you get up in the morning, empty your bladder completely and dispose of this urine - do not put it into the jug/container. Note the time (for example, 8 a.m. Monday) when you empty your bladder.

2. After you empty your bladder, collect ALL urine passed for the next 24 hours. To do this, urinate into a separate clean container, such as a plastic cup, then pour it into the jug/container provided. **Please keep the urine container refrigerated throughout the 24-hour collection.**
3. Collect the last urine at the same time you started the collection on the previous day (for example, if you emptied your bladder and disposed of that urine at 8 a.m. Monday, collect the last urine at 8 a.m. Tuesday).
4. Screw the cap tightly on the jug/container. Please take extra care not to contaminate the outside of the container with urine.

After collecting your sample

When you have finished collecting your sample:

1. **Please check that the cap is firmly screwed onto the jug/container.** Unfortunately, if the urine leaks on the way to the lab, the collection will not be complete and the analysis will not be carried out.
2. Make sure that your name, date of birth, and the date and time of the start and end of the collection are written on the container in BLOCK CAPITAL LETTERS and the request form is attached to the jug/container.
3. Place the jug/container in the plastic bag provided. Seal the bag.
4. As soon as possible, take the jug/container to **Suite 400, Outpatient Laboratory, 20 Prospect Avenue, Hackensack NJ 07601**. The sample must be fresh to give reliable results. Your sample will then be tested in the clinical chemistry laboratory, although some samples may be sent away to a more specialized laboratory.

What if I can't get to the outpatient laboratory that day?

If you are absolutely unable to get to the outpatient laboratory on the day that you complete your 24-hour collection, you can store the jug/container in the refrigerator for one day. **Ideally, the jug/container should be taken to the Outpatient Laboratory as soon as possible after the collection has been completed.**

**Suite 400, Outpatient Laboratory,
20 Prospect Avenue, Hackensack NJ 07601**

The hours of operation are:

Monday – Friday 6:30 a.m. – 7 p.m.

Saturday 7 a.m. – 3 p.m.

Closed on major holidays

If you are unsure if the lab is open, call 551-996-3062.

What should I do if I spill or lose any of the urine?

In the event of any spillage or loss of urine, the test result would be incorrect. You must obtain a new collection jug/container to start a new collection.

How do I get the results of the test?

The results will be sent to the doctor who requested the test. He/she will discuss the results with you. Results can take up to two weeks from the time you hand in the sample.

Special requirements

Urine collection for 5HIAA, urine serotonin or catecholamines

If you have been asked to collect a sample for 5HIAA, urine serotonin or catecholamines, please do not eat the following foods or take the following medications for 48 hours prior to beginning urine collection and during the 24 hours that you are collecting the urine sample:

Foods:

- Avocados
- Eggplant

- All fruits (for example, apples, oranges, bananas, cantaloupe, grapefruit, kiwifruit, melons, pineapple, plantains, plums, dates)
- Coffee or tea
- Chocolate
- All flavorings (especially vanilla)
- All nuts
- Tomatoes and tomato products

Medications (including, but not limited to):

- Those containing acetaminophen such as Tylenol, salicylates (aspirin) or other pain relievers that contain these ingredients
- Cough syrups containing guaifenesin
- Antihistamines, nasal drops and sprays
- L-dopa (Levodopa or Methylodopa, used to treat high blood pressure)

Please discuss with your physician before discontinuing any medications.

Other:

- Tobacco

Urine collection for renal stone screen

If you have been asked to collect a sample for a renal stone screen, please do not eat the following foods for the 48 hours before and during the 24 hours that you are collecting the urine sample:

Foods/Supplements:

- Rhubarb
- Chocolate
- Strawberries, raspberries, blueberries, blackcurrants and redcurrants
- Oranges or orange juice
- Corn
- Red or green peppers
- Parsley
- Vitamin C tablets or multivitamin tablets

