


**24 hour Urine General Collection – Patient Instructions**

This document is applicable at site(s): **All Sites**

<b>How to prepare</b>	<ul style="list-style-type: none"> <li>Use a clean plastic container to collect urine (i.e. ice cream pail). Container must be rinsed between collections.</li> <li>If you are menstruating, do not begin collecting your urine until after you have stopped menstruating.</li> <li>Use the provided supplemental collection sheets if collecting a 24hour urine for: <table border="1" data-bbox="375 478 1563 552"> <tr> <td>Catecholamines</td> <td>5-HIAA</td> <td>Oxalate</td> </tr> <tr> <td>Creatinine clearance</td> <td>Metanephrines</td> <td>VMA (Vanillyl Mandelic Acid)</td> </tr> </table> </li> </ul>	Catecholamines	5-HIAA	Oxalate	Creatinine clearance	Metanephrines	VMA (Vanillyl Mandelic Acid)
Catecholamines	5-HIAA	Oxalate					
Creatinine clearance	Metanephrines	VMA (Vanillyl Mandelic Acid)					
<b>Risks or Cautions</b>	<ul style="list-style-type: none"> <li>The container may contain a preservative that may burn your skin, eyes or clothing.</li> <li>If the preservative touches your skin, eyes or clothing, rinse immediately with water for 15 minutes.</li> <li>Do not remove the preservative from the container.</li> <li>Keep out of reach of children</li> </ul>						
<b>Labelling the Sample</b>	<p>Label the collection container with the following information:</p> <ul style="list-style-type: none"> <li>Your (the patient) full first and last name.</li> <li>The date and time of specimen collection.</li> <li>Your unique personal health number (PHN or ULI#). The Alberta PHN is found on the Alberta Personal Health Card.</li> </ul>  <p>If you do not have a PHN or ULI, please contact your local laboratory for alternatives.</p>						
<b>Lab Requisition</b>	<ul style="list-style-type: none"> <li>Print the start date and time you collected the specimen on the lab requisition and place the requisition in the outside pouch of the bag.</li> </ul>						
<b>Collecting the Sample</b>	<ol style="list-style-type: none"> <li>Start your collection at a time that is convenient to you. (e.g. 8:00am)</li> <li>Empty your bladder into the toilet. Record this as the START time and date on your container and laboratory requisition.</li> <li>Every time you urinate for the next 24 hours: <ul style="list-style-type: none"> <li>Collect into a dry plastic container</li> <li>Pour urine into collection container.</li> <li>Replace lid tightly after each urine specimen is added, swirl gently to mix.</li> <li>Store in the refrigerator if possible. Otherwise, keep the specimen in a cool dark place.</li> </ul> <p><b>Do not urinate directly into the collection container.</b></p> </li> <li>Collect a last urine specimen exactly 24 hours after the start time. Try to urinate even if you do not feel the urge. Completely empty your bladder.</li> <li>Record this as the FINISH time and date on your container and laboratory requisition.</li> </ol> <p>If any part of the collection is missed, the entire 24 hour specimen must be recollected. Obtain any additional containers from your local laboratory if required. If you are unable to collect this urine specimen, please discuss with your health care provider.</p>						
<b>Sample Delivery to Lab</b>	<ul style="list-style-type: none"> <li>Bring your specimen and requisition to your local laboratory as soon as possible.</li> <li>Hand the requisition and container to the laboratory staff; do not leave on the counter.</li> </ul>						
<b>Questions About Your Collection?</b>	<p>Laboratory locations, hours and contact information may be found at:</p> <ul style="list-style-type: none"> <li><a href="https://myhealth.alberta.ca/lab">https://myhealth.alberta.ca/lab</a></li> <li>Health Link Alberta at 811</li> </ul>						