



PRIMARY CARE ASSOCIATES of Appleton, LTD
3916 N. Intertech Ct. Appleton, WI 54913 920-996-1000 www.primarycareofappleton.com

24 HOUR URINE COLLECTION INSTRUCTIONS

1. Upon waking up in the morning, completely empty your bladder. Discard this specimen. Note the time of day (i.e., 7:15 am). This is the official start of the 24 hour test.
2. From this moment on, for the next 24 hours, collect all urine and save it in the container provided by the lab.
3. Keep the specimen refrigerated.
4. At the end of the 24 hour period, completely empty your bladder again. Save this specimen also – **DO NOT DISCARD!** Note the time of day (i.e., 7:15 am).
5. If instructed by lab staff to do so, complete any of the 24 hour urine questions that pertain to your collection (on the back of these instructions).

NOTE: For Creatinine Clearance Patients: A blood sample **MUST** be collected from you at the time you return your specimen to the lab.

6. Please verify that your 24 hour urine container has your full name and date of birth written on the container (not on the lid). Any container received by the lab without a name **and** date of birth will be rejected by the lab; resulting in the need to recollect the entire 24 hour specimen.
7. Return specimen to lab the same day you finish your collection. (Monday – Friday between 6:30 am – 4:30 pm). **MUST CHECK IN AT FRONT DESK** when returning sample.

NOTE: If you finish on a Saturday or Sunday you may return the specimen to either ThedaCare Appleton or ThedaCare Neenah.

****(Network Health Patients must return sample to Primary Care M-F)***

8. Always indicate the exact time the collection began and the exact time the collection was completed on the green sticker on the container.

NOTE: **If your container is labeled with a bright orange or red sticker, be careful!!! (This contains acid which is caustic. KEEP AWAY FROM CHILDREN!)**

If you have any questions, please contact Primary Care Associates Lab at 996-1000.

24 Hour Urine Questions

Creatinine Clearance: Height:

Weight:

5-HIAA

Do not eat any of the following in the prior 48 hours or during collection: avacados, bananas, butternuts, cantaloupe, dates, eggplant grapefruit, hickory nuts, honeydew melon, kiwifruit, melons
Nuts, pecans, pineapple, plantains, plums, tomatoes/ tomato products, or walnuts

- If you have eaten these items please inform us as your sample will be rejected.
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Do not take these medications in the prior 48 hours or during collection. acetaminophen, salicylates, L-dopa, and cough syrup containing guaifenesin.

- If you have taken these medications please inform us as your sample will be rejected.
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Catecholamine

Are you off of epinephrine, norepinephrine, and dopamine injections and infusions for at least 12 hours prior to collection?

Have you discontinued drugs that release or hinder epinephrine, norepinephrine, or dopamine metabolism for at least 1 week prior to collection?

Are you withdrawing from legal or illegal drugs known to cause rebound catecholamine release during withdrawal?

Metanephrine

If applicable, have you discontinued tricyclic antidepressants, labetalol, and sotalol medications for at least 1 week prior to collection?

VMA

Have you discontinued L-Dopa 24 hours prior to and during collection?

HVA

Have you discontinued L-Dopa 24 hours prior to and during collection?

Are you currently taking Bactrim?

Copper

Have you had gadolinium, barium, or iodine containing contrast media administered in the past 96 hours?

Heavy Metals

Have you had seafood in the last 48 hours?

Have you had gadolinium, barium, or iodine containing contrast media administered in the past 96 hours?
