



24-HOUR URINE SPECIMEN COLLECTION

Your physician has asked you to provide a 24-hour urine specimen. Important tests will be done with your specimen and you can help insure the accuracy of these tests by following these instructions.

1. Stop by the laboratory Monday through Friday between the hours of 7AM and 5PM to pick up the specimen container. Bring the test requisition(s) with you so we will be able to tell exactly what you need in the way of special preservatives. Different tests have different requirements.
2. Make sure the specimen container is labeled with your full name. If it was not done for you, please do it yourself before submitting to the laboratory.
3. The specimen container you have been given may contain a preservative. Do not dispose of the preservative and be sure to keep the container out of reach of children. If some preservative should spill on you or your clothing, rinse with large amounts of cold water.
4. Avoid alcoholic beverages, vitamins and other medication (check with your physician first) for at least 24 hours before you start collecting the specimen and during the collection period.
5. The 24-hour collection period begins when you get up in the morning and empty your bladder. **DO NOT COLLECT THIS URINE!** But do record the time and date of this voiding on the specimen container.
6. Be sure to collect **ALL** urine (day and night) for the next 24 hours. Make your final collection when you empty your bladder the next morning; approximately 24 hours from the time you marked on your specimen container.
7. Keep specimen in a cool place; refrigerate if possible.
8. Return the completed specimen collection as soon as possible to the laboratory. We will accept 24-hour urine specimens during off hours, but it's best to call ahead to be sure we are open.
9. If you are collecting urine for 5HIAA, please avoid: **walnuts, pecans, butternut squash, tomatoes, avocados, eggplant, plums, bananas, coffee, tea, and cigarettes.** Some medications may interfere with the test and it is important to talk to your doctor prior to making any changes. These are: Atenolol, Inderal, Lopressor, Elavil, anti-depressants, and MAO Inhibitors.

MVH LABORATORY HOURS:

MONDAY – FRIDAY 7 am – 5 pm • SATURDAY & SUNDAY 9 am – 11 am
1 508 957-0160