

Patient Information from



URINE COLLECTION (VMA)

- Patient should avoid alcohol, coffee, tea, tobacco (including use of nicotine patch), bananas, citrus fruits, and strenuous exercise 2 days prior to collection.
- Patients should discontinue medication 3 days prior to specimen collection. However, common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference.

24-HOUR URINE COLLECTION

Care should be taken when collecting a 24-hour urine collection. It is essential that all the urine passed during a 24-hour period be totally collected. If the collection is not complete, the laboratory reference values are not valid. Use the following procedure for the correct specimen collection and preparation.

If you have a high urinary output and think you may need a second container, please ask and it will be provided.

During the collection period, it is important that the urine sample be kept cold. Urine may be stored in a refrigerator, an ice chest, or in a pail of ice to prevent the growth of bacteria in the sample.

Some 24-hour urine tests require an acid-type preservative. If an additive is needed, your physician office or the lab will supply a container with the preservative.

WARNING: Use a separate container to collect the urine sample, and then pour the urine into the 24-hour container. This will help to control splashing of the preservative. Please be careful that this preservative does not come in contact with your skin. If a splash does occur, wash the affected area with large amounts of water.

Label the container with your name and date of collection before collecting the specimen.

PROCEDURE

At a determined time (for example, 8 AM), completely empty the bladder and discard the urine.

Collect all following urine that is passed for the remainder of the day and night.

The final specimen is collected at the same time of day as recorded on day one (8 AM).

The collection is now complete. Deliver the specimen to the laboratory as soon as possible for processing. Keep the specimen refrigerated until delivered to the lab.



Please **report to Meadville Medical Center Registration** before delivering the specimen to the lab. This is necessary for complete specimen identification and processing.