



# ***Patient Collection Instructions***

## **VMA URINE COLLECTION**

- 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 antihypertensive (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 Registration before delivering the specimen to the lab. This is necessary for complete specimen identification and processing.***