

PATIENT INSTRUCTION 24 HOUR URINE COLLECTION

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| <input checked="" type="checkbox"/> St. Joseph Medical Center Tacoma, WA | <input checked="" type="checkbox"/> St. Clare Hospital Lakewood, WA | <input checked="" type="checkbox"/> St. Elizabeth Hospital Enumclaw, WA |
| <input checked="" type="checkbox"/> St. Francis Hospital Federal Way, WA | <input checked="" type="checkbox"/> St. Anthony Hospital Gig Harbor, WA | <input checked="" type="checkbox"/> ENUM <input checked="" type="checkbox"/> GIGL <input checked="" type="checkbox"/> PSC |

Please follow these instructions carefully. Faulty timing or improper collection of urine specimen is the most common source of error.

1. Refrain from vigorous exercise during the collection procedure.
2. Follow your physician’s directions regarding food, drink, or medication(s) before and during the collection.
3. Empty bladder completely on awakening in the morning and discard this urine specimen.
4. Record the date and time under “start” and begin the test. (Example: 5/12/10 @ 7:00 a.m.)
5. All urine passed during the rest of the day and night for the next 24 hours must be poured into the container. Do not urinate directly into the container. Urine should be collected in another clean container and then carefully poured into the 24-hour collection container. (**Note:** If possible, keep container refrigerated during collection.)
6. Make a final collection the next morning at the same time and record under “finish.” (Example: 5/13/10 @ 7:00 a.m.)
7. Take the 24-hour specimen to your physician’s office or laboratory (as instructed) as soon as possible.

Caution: There may be an acid preservative in the bottle, depending on the type of test ordered by your physician. Please handle carefully.

5HIAA (Serotonin Collections) – Dietary and medication restrictions:

- Patient should avoid avocados, bananas, plums, walnuts, pineapple, tomatoes and eggplant for 48 hours prior to and during collection. If possible medication, including tryptophan supplements, should be withheld 3-4 days prior to collection. **Before stopping any medication, please check with your provider/physician for approval.**

Hydroxyproline - Dietary restrictions

- Patient should avoid foods with collagen and be on a collagen-free diet for 3 days prior to collection.
- Restrict meat of any kind (eggs, cheese, legumes and nuts are acceptable substitutes).
- Do not eat Jello or gelatin

24 Hour Creatinine Clearance: This test consists of a urine collection **and blood draw**. The blood draw is usually performed when the urine specimen is returned to the lab.

Patient Name _____ Start Time/Date _____

Tests: _____ End Time/Date _____

Height: _____ Weight: _____

Any questions, please call the hospital lab at:

St Anthony: (253) 530-2050	St Clare: (253) 985-6396, #4	St Elizabeth: (360) 802-8520
St Francis: (253) 944-4180	St. Joseph: (253) 426-6682, #2	