

# 24 Hour Urine Collection With Preservative

## Patient Information Sheet

You will require a 24 hour chemically clean urine container which contains a small amount of *concentrated acid* used as a preservative for the urine. A caution sticker is on the outside of this container. Avoid contact with the skin or eyes (***do not pass urine directly into this container***), *clothing or fabrics and do not tip* any acid out of this bottle. Keep container in an upright position at all times.

These containers are available from the laboratory, collection centre or your doctor's surgery.

**5-HIAA Collections Only** – 1 full day prior to collection and during the 24 hour collection period, DO NOT eat any bananas, nuts, pineapple or tomato, and do not drink any pineapple or tomato juice. DO NOT take any paracetamol or drugs containing paracetamol.

On the day collection is started, the first urine passed on arising in the morning should be discarded. ***Note this time and date on label of container as "collection started"***. From that time ***ALL*** urine passed during the day and following night is collected, ***INCLUDING*** the first urine passed the next morning. ***Note "collection finished" (date, time) on outside (label) of container.***

It is important that the ***WHOLE*** of the 24 hour urine samples be saved and ***NONE*** be discarded. As faecal matter will make the specimen unacceptable for collection you should urinate prior to a bowel movement.

A normal intake of fluids during the collection period is desirable.

The entire urine specimen should be refrigerated (in an upright position) during the collection, with each specimen added during the 24 hour period. You may find it more convenient to pass sample into a plastic jug, then pour into 24 hour urine container (***do not pass urine directly into this container***).

Your doctor will advise you on your medication regime during the collection period.

Please inform staff at laboratory of any medications you are taking prior to commencement of 24 hour urine collection.

On completion of collection, ***ensure your full name, starting time, finishing time with dates and the requesting doctor name is on the outside (label) of container*** before delivery to the laboratory, collection centre or doctor's surgery.

### ***First Aid*** (if you come in contact with the acid)

- *Eyes – flood immediately with cool water for at least 15 minutes, eyelids held open, then seek medical advice*
- *Skin – remove contaminated clothing and flush the affected area thoroughly with cool water.*
- *If swallowed - do not induce vomiting. Seek immediate medical advice.*
- *Inhalation - leave area of exposure immediately if symptoms occur seek urgent medical attention.*

Poisoning if poisoning occurs, contact a Doctor or the poisons information centre on 131 126.