

24-HOUR URINECOLLECTION (with preservative)

24-hour urine tests are used to investigate conditions such as kidney disease and metabolic disorders. The collection time is 24 hours because the composition of urine varies at different times of day.

Numerous drugs can affect the results of the study. Always follow the instructions of the attending physician on taking medications during test.

Test	Drug restrictions during collection	Dietary restrictions during collection	Preservative
dU-5HIAA	3 days before and during collection: Beta blocker, tricyclic antidepressants, levodopa, methylodopa, MAO-inhibitors.	3 days before and during collection: Pineapple, banana, tomato, peanut, red wine.	Hydrochloric acid 6 M HCl 2 x 5ml
dU-Katekol	3 days before and during collection: Tetracycline- and quinidine medication, catecholamines metabolising drugs e.g. adrenaline, noradrenaline, MAO-inhibitors, hydralatsiini, labetalol, beta blocker. 2 weeks before and during collection: Alfa- methylodopa	3 days before and during collection: banana, ice cream, chocolate, vanilla, coffee, tea	Hydrochloric acid 6 M HCl 2 x 5ml
dU-Metnor, dU-MOMA, dU-MTA dU-HVA	3 days before and during collection: Bentsodiatsepin, labetolol, methylodopa, buspirone, diuretics (sodium-lowering doses), exogenous catecholamines (levodopa, nasal drops, appetite limiters), indirectly affecting sympathomimetics (amphetamine derivatives), fenotiatsid, haloperidol, nitrates, tamsulosin, tricyclic antidepressants, venlafaxine, bromocriptine, clonidine, dexamethasone, MAO inhibitors	3 days before and during collection: banana, coffee, chocolate, vanilla, ethanol, tobacco, marijuana	Hydrochloric acid 6 M HCl 2 x 5ml
dU-MHistam	2 days before and during collection: Sodium cromoglycerate preparations	2 days before and during collection: Cheese, yoghurt, red wine, sauergraut	Hydrochloric acid 6 M HCl 2 x 5ml
dU-Oksal	No drug restrictions	2 days before and during collection: Beetroot, horseradish, spinach, asparagus, tea, chocolate, tomato, cucumber, C-vitamin over 2 g/vrk	Hydrochloric acid 6 M HCl 2 x 5ml
Du-Uraat	No drug restrictions	No dietary restrictions	Sodium hydroxide 5% 10 ml

Urine preservative

Containers of a preservative have been provided to keep the urine from degrading. **Do not pour the preservative into the collection vessel until collection begins.** Take care not to let the substance contact your skin, mucous membranes or eyes. If it does, rinse the area with plenty of water and contact a doctor.

24-hour urine collection and preservation

During collection, take care not to lose urine during bowel movements. The collection should not be done during menstruation. If one collection vessel is not enough, contact the laboratory.

Urine is altered by storage. Changes occur for chemical reasons and due to bacteria. Keep the collection vessels closed.

Store them at refrigerator temperature (+2 - +8 °C) during and after collection. The sample must not be frozen. dU-Urate is collected at room temperature.

Return these instructions with your sample, with the information below filled in.

Name: _____ Personal identity number: _____

1. TO START COLLECTION

- Void your bladder without collecting the urine.
- Record the time, which is the collection start time.

date _____ time _____

2. COLLECTION OF THE URINE

- You should collect all of the urine that is excreted during 24 hours.
- After the first portion of urine, add 5 ml of preservative to the sample container. Then add another 5 ml in the evening of the collection day.
- If your urine output is very low (less than 1dl), the second quantity of hydrochloric acid should not be added.

3. TO FINISH COLLECTION

- Void your bladder into the collection vessel for the last time exactly 24 hours after the collection start time. This is the last batch of urine kept. The collection has now been completed.
- Dry the outside of the collection vessel.
- Record the end time.

date _____ time _____

Take all sample containers to the laboratory at room temperature as soon as possible.