



Routine 24-Hour Urine Collections

PLEASE READ CAREFULLY

Collecting, Storing and Labeling Your Specimen

1. For your physician to receive accurate results on the tests that have been ordered for you, you must collect **all the urine** that you produce during an entire 24-hour period.
2. Drink your usual amount of liquids during the collection period, unless instructed otherwise by your physician. Do not drink any alcoholic beverages. Avoid caffeine and other diuretics.
3. Start the 24-hour period by urinating into the toilet at exactly 7:00 a.m. or as soon as possible thereafter. Write this time with the words "First Void" on the collection container you were provided. From this point on, using the collection container, collect **all urine** until 7:00 a.m. or up to 24 hours after the collection was started. Write the time of your last collection with the words "Last Void" on the container. You may obtain another collection container from TriCore if needed.
4. During the 24-hour collection period, the specimen container must be refrigerated or stored in a bucket with ice.
5. **If you forget to save some of the urine during the 24-hour period, you must discard the urine that you have already collected and start over on the next day, following steps 1-4 above.**
6. Label the collection container with the patient's name, date of birth, and date and time the collection was started.

Delivering Your Specimen

1. Patients must deliver their specimens to the laboratory personally unless otherwise instructed. Specimens should be delivered as soon as possible after collection is complete.
2. The patient's test order form (requisition) must be delivered along with the specimen.
3. **Please do not leave the laboratory without speaking to a TriCore staff member.** Depending on the tests that have been ordered, a blood sample may be needed to accompany the urine specimen.

IF HIAA (5-HIAA HYDROXYINDOLEACETIC ACID), URINE 24 HOUR TESTING IS TO BE PERFORMED

- **DO NOT EAT** the following foods for 72 hours prior to and during the collection period: avocados, bananas, butternuts, cantaloupe, dates, eggplant, grapefruit, hickory nuts, honeydew, kiwi fruit, melons, nuts, pecans, pineapple, plantain, plums, tomatoes, walnuts, or substances containing caffeine or nicotine.
- **IF POSSIBLE, PATIENTS SHOULD ALSO AVOID MEDICATIONS**, over-the-counter drugs, and herbal remedies for at least 72 hours prior to and during the collection period. These substances can sometimes affect your test results. **However, it is important to consult with your healthcare provider before discontinuing any medicines.**

IF YOU HAVE QUESTIONS

Please call TriCore Reference Laboratories'
Client Services Department at 505-938-8922 (in Albuquerque)
or toll-free at 800-245-3296 (outside the Albuquerque area).