

**VMA & METANEPHRINES, 24 HOUR URINE**

<b>Document number</b>	LA-75-WI-160E_02.30
<b>Revision date</b>	2019-Fev-21
<b>Required Specimen Type</b>	24 hour urine specimen
<b>Medical Supplies</b>	<ul style="list-style-type: none"> <li>• One (1) 24 hour urine container <b><i>without</i></b> preservative solution</li> <li>• One (1) 24 hour urine container <b><i>with</i></b> preservative solution: HCl 6N</li> </ul>
<b>General Guidelines</b>	<ol style="list-style-type: none"> <li>1) All specimens must include a double identification (first and last name of the patient and date of birth or medicare number).</li> <li>2) The use of gloves is required when handling all biological specimens.</li> <li>3) A valid requisition must include the following information :           <ul style="list-style-type: none"> <li>• First and last name of the patient, date of birth or medicare number and gender.</li> <li>• Date and time of specimen collection and signature of collector.</li> <li>• Physician's full name, signature and license number (or other qualified prescriber).</li> <li>• Any relevant clinical information.</li> <li>• Requested tests.</li> </ul> </li> </ol>
<b>Patient Preparation</b>	<ol style="list-style-type: none"> <li>1) During the 24 hour collection period, the patient should drink the usual amount of liquids normally consume on a daily basis;</li> <li>2) The urine container should be kept refrigerated throughout the collection procedure and until the sample is returned to the laboratory;</li> <li>3) All drugs should be discontinued at least 3 days prior to collection.</li> <li>4) The patient should avoid : alcohol, coffee, tea, tobacco (including use of nicotine patch), bananas, citrus fruits and strenuous exercise prior to collection.</li> </ol> <p style="text-align: center;"><b><i><u>Patient should always consult with their healthcare professional for any questions and before discontinuing any medication that may affect testing.</u></i></b></p>
<b>Specimen Collection Instructions</b>	<ol style="list-style-type: none"> <li>1) Obtain two (2) 24 hour urine containers (one with preservative and one without) from your doctor or the laboratory.</li> <li>2) Day 1 :           <ul style="list-style-type: none"> <li>▪ First thing in the morning, completely empty bladder and discard this first urine sample. This first voiding is the start time of the 24 hour urine collection. After the first voiding, collect all urine for the next 24 hours in the container without preservative and transfer to the container with preservative.</li> <li>▪ The 'exact' start time and date must be indicated on the container and the requisition (example: 07:10, 2016-APR-29);</li> <li>▪ Collect <b>ALL</b> urine samples in the container from the day, evening and night for a 24 hour period;</li> <li>▪ Gently shake the container after each urine sample is added and keep refrigerated;</li> </ul> </li> <li>3) Day 2 :           <ul style="list-style-type: none"> <li>▪ Collect the last urine sample exactly 24 hours later (example: 07:10 2016-APR-30).This completes the 24 hour period;</li> <li>▪ The 'exact' end time must be indicated on the container and on the requisition;</li> <li>▪ Close the container tightly;</li> </ul> </li> <li>4) Indicate the total volume on the requisition (see side of container);</li> <li>5) The sample should be returned to the laboratory as soon as possible.</li> </ol>
<b>Additional Information</b>	N/A
<b>Specimen Conservation and Stability</b>	7 days refrigerated