

VMA, 24-HOUR URINE

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Required Specimen Type	24-hour urine
Medical Supplies	<ul style="list-style-type: none"> One 24-hour urine container without preservative One 24-hour urine container with preservative solution: 6N HCl
General Guidelines	<ol style="list-style-type: none"> All specimens must include a double identification (first and last name of the patient and date of birth or medicare number). The use of gloves is required when handling all biological specimens. A valid requisition must include the following information : <ul style="list-style-type: none"> First and last name of the patient, date of birth or medicare number and gender. Date and time of specimen collection and signature of collector. Physician's full name, signature and license number (or other qualified prescriber). Any relevant clinical information. Requested tests.
Patient Preparation	<ol style="list-style-type: none"> Maintain normal sleep/wake cycle during the collection period. During the 24-hour collection period, drink the usual amount of liquids normally consumed on a daily basis. Avoid caffeine and alcohol. The 24-hour urine container with preservative solution should be kept refrigerated throughout the collection period and this until the sample is returned to the laboratory. If you miss the collection of even one sample, the test must be restarted. Return to the lab for another 24-hour urine container. If you think you might fill the container before the 24-hour collection is finished, obtain a second container from the lab. All drugs should be discontinued at least 3 days prior to collection. Maintain normal daily activities while avoiding the following items for a period of 48 hours prior to and during collection time of specimen: Tobacco (including nicotine patch), bananas, citrus fruits and strenuous exercise. Normal diet may be resumed after the specimen collection is completed. <i>Patients should consult their health care professional for any questions and before discontinuing any medications that may affect testing.</i>
Specimen Collection Instructions	<ol style="list-style-type: none"> Obtain two 24-hour urine containers (one with preservative and one without) from your doctor or the laboratory. Day 1 : <ul style="list-style-type: none"> First thing in the morning, completely empty the bladder. Discard the first morning urine. This first voiding is the start time of the 24 hour urine collection. Write this start time and date on the container and the requisition (example: 07:10, 2021-APR-29). After the first voiding, collect ALL subsequent urine for the next 24 hours in the container <u>without preservative</u> and transfer to the container with preservative. Day 2 : <ul style="list-style-type: none"> Collect the first morning urine - exactly 24 hours from collection start time of previous day (example: 07:10 2021-APR-30). This completes the 24-hour period. This will be the final urine collection. Write this collection end time on-the container and the requisition. Close the container tightly. Indicate the total volume on the requisition (see side of container); The sample should be returned to the laboratory as soon as possible.
Additional Information	N/A
Specimen Conservation and Stability	14 days refrigerated (with preservative)