

24-HOUR URINE COLLECTION

MATERIAL NEEDED FOR COLLECTION

Approximately 2500mL inert plastic, screw-top, leak-proof canister with graduated scale provided by the CUP/Pickup Center or can be purchased at the pharmacy for dosing of: Uric Acid, Amylase, Creatinine, Urea, Creatinine Clearance, Sodium, Potassium Chlorine, Protein, Urinary Protein Electrophoresis, Light Chains (Quantitative Bence Jones), Microalbuminuria, Aldosterone and Cortisol.

Approximately 2500mL inert plastic, leak-proof screw-top, scale-top canister containing 6N hydrochloric acid supplied by CUP/Pickup Center (not available for purchase in pharmacies) for assay of: 5-hydroxy indolacetic acid (5-HIAA), Serotonin (5-hydroxytryptamine), Calcium. Phosphorus, Magnesium, Catecholamines (Adrenaline, Nor-adrenaline and Dopamine), Citrate, Oxalates and Vanilmandelic Acid (VMA).

Cylindrical bottom tube with beige cap provided by the Collection Center (not available for purchase at the pharmacy).

DIRECTIONS AND METHOD OF COLLECTION

1. At 7:00 a.m. on the day of the start of collection, urinate by emptying the bladder completely and throw away the urine emitted.
2. From this time on, collect all the urine of the next 24 hours, including the last of the following morning until 7:00 a.m., in the bin.
3. Throughout the collection period, keep the bin tightly closed in a cool place, away from direct light, on a stable surface and out of reach of children.
4. At the end of collection:
 - ✓ Screw the cap of the urine canister on tightly and measure the amount (volume) of urine, using the graduated scale on the canister.
 - ✓ Fill in the box below with biographical data, amount of urine collected, weight and height of the patient.
 - ✓ Turn the bin upside down several times to mix the urine.
 - ✓ Insert the test tube into the suction probe on the cap of the bin.
 - ✓ Deliver the tube to the collection center along with the completed form. In the case of Creatinine Clearance, the urine should be delivered on the same day the blood draw is performed.

SURNAME..... NAME.....	
DATE OF BIRTH.....	URINE VOLUME (mL)
WEIGHT (Kg).....	HEIGHT (cm).....
The undersigned (Name and Surname).....	
Declares that he/she has followed the directions in this policy.	
Date.....	Signature.....
<input type="checkbox"/> Canister without additives <input type="checkbox"/> Acidified canister	
<i>(To be completed by the Laboratory staff collecting the biological material)</i>	

WARNING

Indolacetic 5-hydroxy acid and/or serotonin: During the urine collection period and for the 4 days preceding it, a diet free of the following foods should be followed: banana, nuts, tomatoes, eggplant, plums, pineapple, grapefruit, avocado, chocolate (foods rich in tryptophan). During this period, it is advisable, after consultation with the treating physician, to avoid taking medications that may alter the excretion of 5-hydroxy indolacetic acid: acetylsalicylic acid, loperazine, phenacetin, phenothiazine, acetanilide, and reserpine.

Vanillylmandelic acid (VMA): During this period, it is recommended, after consultation with the treating physician, to avoid taking medications that may alter vanillylmandelic acid excretion: insulin, adrenaline, noradrenaline, reserpine, morphine, pentobarbital, chlorpromazine, iproniazide. No special dietary restrictions are required.

Attention: In case 24-hour urine is to be collected both without and with acid, perform two consecutive collections on two separate days starting with those with acid. In case it is required at the same time to collect analytes to be collected in acid canister and urea, creatinine, creatinine clearance, sodium and potassium, it is possible to collect all urine in one canister with hydrochloric acid.



The hydrochloric acid in the canister is irritating: handle carefully by storing it on safe surfaces where it cannot fall, do not turn it upside down, and keep it out of the reach of children. It is best not to urinate directly into the canister, but to urinate into another clean container and from this one immediately and carefully decant the urine into the canister with the acid. If the skin or eyes come in contact with the acid, wash them immediately with plenty of water.