

WellSpan Health Laboratory

24-Hour Urine Collection Test

This test is important to your care and treatment. Your health care provider will use the results of this test to make decisions about your health.

Special Instructions for Certain Tests

- ☐ 5-HIAA (5-Hydroxyindoleacetic Acid) Test or VMA (Vanillylmandelic Acid) Test: You will need to follow drink, food, and medicine restrictions for 3 days *before* and *during* your test. **Follow the restrictions listed on the back of this page.**
- ☐ Creatine Clearance Test: You will need to have a blood sample taken after you are finished with the urine collection.
- ☐ All Other Tests: You do **NOT** need to have a blood sample taken after your urine collection. You do **NOT** need to follow any drink, food, or medicine restrictions. You may eat your normal diet and take your usual medicines unless your health care provider tells you otherwise.

Tips for a Successful Test

You must collect **ALL** urine for the 24 hours. The results will only be correct if you collect **ALL** the urine. You will need to do the test again if you do not put all the urine from the 24-hours into the container.



You will get a big container to put your urine in. Do **NOT** urinate directly into this container. You do not want it to splash. You will be given a smaller container like a collection hat or urinal. Urinate into the smaller container and then pour the urine into the big container. Do **NOT** touch the inside of either container with your fingers. If the big container is getting full and you still need to collect more, go back to the lab where you got it. They can give you another container.



It is best to urinate *before* having a bowel movement for this test. This is because a bowel movement could contaminate the urine.



Do **NOT** get toilet paper, pubic hair, menstrual blood, or anything else in the urine sample.



Be sure to drink enough fluids during the 24-hour urine test.



Call (717) 851-2511 if you have any questions.

Test Instructions

1. When you first get up in the morning, urinate in the toilet and flush. Do not save this urine. This marks the start of your 24-hour period. Write down the start time.

Start Time: _____

2. For the next 24 hours, collect all of your urine. Urinate in the small container. Then pour the urine into the big container.
3. Keep the big container of urine cold. Put it in the refrigerator. Alternatively, you can store the jug at room temperature in an ice-filled bucket or cooler.
4. Urinate for the last time at or just before the end of the 24-hour period. This should be the same time as the start time you wrote down yesterday. Add this urine to the big container and write down the end time.

End Time: _____

5. On the day you are done with the test, take the urine container to any of the collection locations. Visit WellSpan.org for drop-off locations and hours.

5-HIAA and VMA Tests Only: Restrictions Before and During Your Test

DO NOT DRINK these beverages 3 days before or during your test:

- Alcohol
- Caffeine
- Coffee
- Fruit Juices
- Soda
- Tea

DO NOT EAT these foods 3 days before or during your test:

- Avocado
- Banana
- Cake
- Chocolate
- Cocoa
- Eggplant
- Grapefruit
- Ice Cream
- Kiwi
- Lemons
- Limes
- Oranges
- Nuts
- Pineapple
- Plantain
- Seafood
- Tomato
- Vanilla

DO NOT TAKE these medicines 3 days before or during your test:

- Acetaminophen (Tylenol)
- Aducril (Fluorouracil)
- Aspirin

Your health care provider may give you instructions on other medicines to stop before and during your test.

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