

## Patient Instructions

### 24-hour Urine Collection

**Including special instructions for catecholamines, 5-HIAA, VMA, HVA or metanephrines testing**

- DO NOT TOUCH THE INSIDE OF THE BOTTLE AS THE BOTTLE MAY CONTAIN AN ACID SOLUTION AND MAY BURN
- DO NOT discard the solution, tip the bottle or allow the solution to come into contact with your clothing, skin or eyes. If you accidentally spill the solution on your body or clothes, you should immediately rinse well with cool water. Burning should not occur, however if you are concerned contact your Doctor.
- **To collect a 24-hour urine sample, please follow this procedure:**
  1. The patient is to empty their bladder into the toilet upon waking to commence the test.
  2. Collect all the urine the patient passes for the next 24 hours.
  3. Include all the urine passed during the night.
  4. Empty your bladder upon waking the next morning and collect as your last sample for inclusion.
  5. Label the bottle with your name, time and date of commencement of collection and the time and date of completion of collection.
  6. Some urine tests must also require a blood test, either before commencing the urine collection or when the patient returns the bottle. The patient is to ask if a blood test is also required when collecting the bottle/s as we are unable to give the Doctor the results if only half the test is completed.

Collections Centre locations are listed on the back of the request form.

#### Medication

- Some medications may interfere with this test
- Please ensure all your medications are listed on your request form

#### Special instructions for Catecholamines, 5-HIAA, VMA, HVA or Metanephrines testing:

- This is a test diet used in conjunction with urine analysis for catecholamines, 5-HIAA, VMA, HVA or metanephrines.
- These foods, and any food which contains these items as an ingredient, should be avoided for at least 24 hours prior to the commencement of the urine collection as well as during the 24-hour urine sample collection period.

- Consumption of these foods during the 24 hours leading up to and during urine collection may falsely elevate your test levels.

### **AVOID**

Coffee, Tea, Chocolate

Vegetables

- Eggplant
- Tomato (including sauces and soups)
- Avocado
- Broad beans

Fruit (including desserts, yoghurts and juices with these fruits)

- Bananas
- Plums
- Passionfruit
- Grapes
- Kiwifruit
- Pineapple

Nuts

- All nuts
- Peanut butter
- Biscuits/snacks containing nuts

**For further enquiries, please contact Pathology North:**

**Northern NSW:** Lismore: 02 6620 2900, Grafton: 02 6640 2234, Tweed: 07 5506 7425

**Hunter New England - New England:** 1300 654 303 **Hunter:** 02 4921 4000 **Taree:** 02 6592 9343

**Mid North Coast:** Coffs Harbour: 02 6656 7500, Kempsey: 02 6562 0281,

**Central Coast:** 02 4320 3375

**Northern Sydney:** 02 9926 4111