



## COLLECTION PROCEDURE

### MULTI-HOUR URINE

Dear Patient:

Interpath Lab will provide you with the container for a multi-hour urine collection. Please be sure container is labeled with your name.

**During the entire collection procedure, the container must be kept refrigerated.**

1. Avoid alcoholic beverages, vitamins and other medications (if possible) for at least 24 hours before the start and during the collection.  
**Consult your physician before changing medications or diet.**
2. Consult attached form for any special foods that should be avoided during your collection.
3. Maintain your normal intake of fluids during the collection unless instructed otherwise by your physician.
4. Upon rising on day of collection, urinate into toilet emptying your bladder completely.  
**Do not save this sample.** Note the time on the instruction/collection form.
5. For the length of time requested by clinician, collect all voidings in their entirety and transfer urine to the provided multi-hour urine container.  
**Keep refrigerated. Avoid fecal contamination.**
6. **Care must be taken to ensure no urine is lost during collection.**
7. The collection will end after your last voiding at the length of time requested by clinician (i.e. if time requested is 24 hours, then urine will be collected from 0700 am to 0700 am). This last voiding is collected and saved with the other voidings in the multi-hour container. Note this information on the form.
8. When your collection is complete return entire container along with the completed attached form (including Height/Weight) as soon as possible to the laboratory. Continue to keep refrigerated until delivered to the lab.



**MULTI-HOUR URINE COLLECTION**  
**\*\* PLEASE RETURN WITH CONTAINER \*\***

To be completed by patient. Please print.

Name:_____
Height:_____Weight:_____
Collection – Started: Date:_____Time:_____
Ended: Date:_____Time:_____
Please note any problems with collection: _____ _____ _____

**Special Instructions:**

\_\_\_\_\_ **Metanephrines**  
Avoid tobacco, tea and coffee 3 days prior to collection.  
Avoid medications that are alpha agonists (Aldomet) or alpha blockers (Dibenzylidine) 18 – 24 hours prior to collection. *Consult physician before holding any medications.*

\_\_\_\_\_ **VMA and/or Catecholamines**  
Avoid alcohol, coffee, tea, tobacco and strenuous exercise 3 days prior and during collection.

\_\_\_\_\_ **5-HIAA**  
Avoid tobacco, tea and coffee 3 days prior and during collection.  
Avoid avocado, banana, tomato, plum, walnut, pineapple, and eggplant during collection.

Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Any problems, contact Client Services, Interpath Lab at 541-278-4730 or 800-700-6891.