

Endocrinology Clinic
Fax: 504.903.1605

Appendix: 24 Hour Urine Collection

Instructions for the collection of 24 hour urine specimens for calcium, cortisol, catecholamines, creatinine, 5-HIAA, metanephrines, nor-metanephrines, and VMA testing

Preparation:

Before you begin the collection, you should be given a urine collection container, a urine storage container and a nametag. You may need more than one storage container to contain all of your urine for a 24-hour period.

Make sure each storage container is labeled with your name and medical record number.

Procedure:

Start the 24-hour urine test by urinating directly into the toilet. Do not save this urine.

After you urinate, write the date and time on your urine container. For the next 24 hours, urinate first into your collection container, and then pour your urine into the urine storage container.

If you need to use more than one container during the 24-hour period, use one container at a time. Once the first container is full, begin using the second container.

Exactly 24 hours after you started the test, urinate one last time and place the urine in your storage container, this is the end of your test. Write the date and time your test ended on your container.

Bring the collected urine the same morning to the laboratory. To prevent leaks, make sure the lid is on tightly, and that the container is transported upright inside a plastic bag.