

24-HOUR URINE COLLECTION

Procedure no.: BIO-IPA-003

Version: 004

Status: Active

General instructions

- 1.1 Obtain a 24-hour urine collection container at your CLSC or at the laboratory reception.
- 1.2 The 5HIAA and VMA urine analyses require a specific diet. Contact your CLSC for diet instructions.

Important

- 1.3 Avoid starting to collect urine on Fridays or Saturdays because there is no one at the laboratory on Saturdays and Sundays.
- 1.4 The container you are given may contain a small quantity of preservative liquid that is potentially hazardous. Do not touch this liquid, avoid splashing and keep out of the reach of children.
- 1.5 Never urinate directly into the container. Use a clean container and then gently pour all the urine into the collection container.
- 1.6 In the event that you come into contact with the preservative, rinse well with large amounts of tap water and, if necessary, contact a doctor.
- 1.7 Keep the urine container in the refrigerator during the collection period.

Sample collection

- 2.1 The day you start the collection, as soon as you get up (around 8 a.m.), urinate in the toilet to empty your bladder. **The first urine of the day should not be kept.**
- 2.2 Subsequently, during the following 24 hours, collect all urine in the container provided for this purpose, including the urine the next morning, as soon as you get up (around 8 a.m.).

Storage

- 3.1 It is necessary to **store the urine container in the refrigerator** during the 24-hour collection.

Transportation

- 4.1 Return the container to the lab on the day of your last sample collection, between 8 a.m. and 4 p.m., Monday to Friday. Make sure to complete the information on the small card that came with the urine container.
- 4.2 For the results to be valid, all urine produced during the 24-hour period must be collected in the container.

For more information

Contact the laboratory reception at 450-759-8222, ext. 2606

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