

**OCHSNER CLINIC FOUNDATION  
DEPARTMENT OF PATHOLOGY & LABORATORY MEDICINE**

**INSTRUCTIONS FOR TIMED URINE COLLECTION**

**PRE-COLLECTION INSTRUCTIONS:**

1. Refer to specific test collection instructions for appropriate container type listed in the Pathology Specimen Collection Manual or call Laboratory Client Services at 504-842-4623 or 1-866-OCF-LABS

Obtain urine container from:

For Hospital Patients - SPD (Central Supply)

For Clinic Patients - All timed urine containers - Ordering Provider's Office

2. Label the collection bottle and a bag with the patient's name and Medical Record number. Attach the laboratory request slip to the bag. Notify the patient that some bottles contain an acid or preservative and will be so labeled. This acid or preservative is necessary for the test and should not be discarded. Instruct the patient not to void directly into the container. Use the cups provided to void, then pour the urine from the cup into the large container.
3. The physician should advise the patient if it is necessary to withhold medication during the collection period. The patient should not drink alcoholic beverages or large amounts of fluids of any kind.

**COLLECTION INSTRUCTIONS:**

***THE URINE SHOULD BE KEPT REFRIGERATED AS MUCH AS POSSIBLE DURING THE COLLECTION PERIOD.***

1. At the start of the collection, void and discard urine. Write the exact time of voiding on the collection bottle (example - 8:00 a.m.) This is the start time of the collection.
2. Collect all urine during the specified time period (e.g., 24 hours for a 24-hour urine sample). Each time you urinate, void the urine into the small cup provided. Pour the urine from the cup into the large collection container immediately after each void. Do not use any other containers for collection or storage.
3. Void and save specimen exactly at the end of the collection time period (example: 10 a.m. for a 2 hour timed collection period). Write the exact time on the collection bottle. This is the end time of the collection.
4. Deliver the specimen container in the bag to the Laboratory Registration desk as soon as possible after completion of collection. If a clinic patient, the nurse should instruct the patient as to the correct specimen delivery location.

**DIETARY RESTRICTIONS FOR 24 HOUR URINE COLLECTIONS:**

1. No alcoholic beverages during the urine collection.
2. Urine 5-HIAA test: do not eat the following foods for 24 hours prior to test as well as during urine collection: avocados, bananas, eggplants, pineapple, plums, walnuts, tomato, nuts.

3. Hydroxyproline 24 hour Urine test: collagens such as gelatin should be removed from 1 day prior to the start of and during urine collection.