



The Heartbeat Clinic

Amer Suleman M.D

24 Hour Urine Collection Instructions

Preparation

You must maintain these restrictions for 3 days (2 days) in preparation of the collection, occurring the 3rd day as the actual day of collection.

Avoid the following foods:

- Vanilla in anything, which eliminates most desserts
- Fruits, especially bananas
- Fruit Juices
- Jelly or jam
- Lemons
- Jell-O
- Kool-Aid
- Carbonated beverages
- Tomatoes
- Avocados
- Coffee
- Tea
- Chocolate
- Cocoa

Avoid the following medications:

- Aspirin
- Cold medicines
- Anti-asthmatics
- Nasal drops
- Diet pills
- Any form of stimulant

The day of collection

1. When you wake up in the morning, empty your bladder, but do not save the first void. The urine collection time starts just after the time you first void. Example: You wake up at 7 am, urinate, then discard specimen. Collection begins at 7 am.
2. All urine should be saved and collected in a 24-hour period. This includes urine voided during the night and following morning. The last void collected should be at the same hour the following day.
3. Urinate directly into the plastic container. Every drop is important and counts.
4. If you have excessively high urine output, you may need to call and ask for a second container.
5. Keep urine in a cooler environment, either in a refrigerator or in a ice chest.
6. Deliver urine container back to your lab as soon as possible following the collection.