



St. Michael's

DEPARTMENT OF LABORATORY MEDICINE
DIVISION OF PATHOLOGY

Document Name: VMA 24 Hour Urine Collection
Instructions

Document #: 59963
Status: Current

Uncontrolled When Printed

VANILLYMANDELIC ACID (V.M.A) 24HR URINE COLLECTION PATIENT INSTRUCTIONS

WARNING: This bottle contains strong acid (6N HCl). DO NOT DISCARD. Do not urinate directly into container.

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Materials supplied;

- 24 hour urine container
- 25 mL of Hydrochloric Acid (6N HCL) inside the container

Materials needed but not supplied;

Requisition completed by physician or clinic

Collection Guidelines;

- Collect urine output for a full 24 hour period
- Restrict caffeine, nicotine and alcohol 24h prior to collection.
- Discontinue Methyldopa (Aldomet) at least 5 days prior to collection.

Do not stop taking any medication unless advised to do so by your doctor.

Some medications may interfere with the results of this test and are known to give false evaluations. If medications cannot be discontinued, please provide a list of medications to the laboratory. It may be possible to eliminate interference by special procedures.

Collection Instructions;

For proper evaluation of tests on 24 hour urine sample, it is important that a complete and accurate collection is done, as follows:

1. On the starting day, **void and discard the first urine after waking up.** Enter time and date below:

Start Date: _____, Time: _____ am Pm

2. Save in this bottle all the urine voided up to and including a specimen passed at exactly the same time the next day. Enter time and date below:

Finish Date: _____, Time: _____ am Pm

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Example:

Start Time → 7:00 AM January 01, 2017 → Empty bladder (DO NOT Collect Urine)

- For the next 24 hours, collect urine output using a sterile container and transfer into the 24 Hr. container provided by the laboratory. Please gently mix/invert the bottle with each addition.

Finish Time → 7:00 AM January 2, 2017 → Collect urine sample (Last Collection)

Storage Instructions;

Keep the urine refrigerated during collection

Delivery to the Lab:

- Sample must be labelled with your **Name, Date Of Birth, MRN # and /or OHIP**
- Ensure the START/FINISH dates and times are written on the requisition
- Make sure the lid is tightly fastened
- **Deliver specimen to: Blood Collection Site or Core Lab. 2nd Fl Cardinal Carter Wing as soon as possible**

Note: The sample container contains toxic substance of hydrochloric acid additive. Avoid Eye Contact, Skin Contact, Ingestion, and Inhalation of contents in the container.

Questions:

Please call the Department of Laboratory Medicine at 416-864-5082

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