COLLECTION OF 24 HOUR URINE SAMPLE
FOR URINARY CATECHOLAMINES

Patient Information Sheet

You may find it convenient to collect the urine over a weekend to avoid having to take the container to work with you.

1  First urine of the morning, pass as normal.

2  ALL urine passed during the following 24 hours must go into the container provided.
   Example: 08:00AM to 08:00AM the following day

3  Please write the time and date of when collection was started on the container as well as your name.

4  Once the collection has begun please keep the container cold, preferably refrigerated.

5  Keep the container upright during collection.

6  The collection container will contain ACID. Do not discard the fluid. Avoid contact with skin and eyes. Do not pass urine directly into the container, use a separate container and transfer immediately afterwards. In the event of spillage, dilute contact areas with copious amounts of water.

7  Place the container in the specimen bag provided.

8  Please return the sample to the Laboratory.

IMPORTANT NOTICE

For 2 days prior to and during the collection you must avoid the following:

• Citrus Fruit  • Bananas  • Chocolate  • Walnuts  • Coffee
• Tea  • Vanilla containing foods

In addition, please abstain from the following medications 14 days prior to sample collection:

• Acetaminophen  • ACE inhibitors  • Any Anti-Hypertensive medication
• Aspirin/Salicylate  • MAO inhibitors  • Diuretics  • Calcium Antagonists

If you are on any medication please give the Phlebotomist or Reception full details when you return your sample.

NB: Should you need more than one bottle in order to collect your urine, please phone our Laboratory Service Centre on 020 7307 7373 and we will arrange for another bottle to be sent to you.
If you are unable to take your sample to Patient Reception during these times, please take it to our main laboratory site at 60 Whitfield St. The laboratory is always open to receive samples.