



PATIENT INSTRUCTIONS FOR 24-HOUR URINE COLLECTION SENT TO REFERENCE LABORATORY

TEST SPECIFIC INSTRUCTIONS																			
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Arsenic	<ul style="list-style-type: none"> ▪ Do not eat seafood 48 hours before starting the 24-hour urine collection and during the collection. ▪ Do not schedule an MRI up to 48 hours before the 24-hour urine collection. ▪ Collect the 24-hour urine before the MRI or 48 hours after the MRI or the specimen will be unacceptable. 																		
Calcium	<ul style="list-style-type: none"> ▪ Do not take laxatives during the 24-hour urine collection. ▪ Do not schedule an MRI up to 48 hours before the 24-hour urine collection. ▪ Collect the 24-hour urine before the MRI or 48 hours after the MRI or the specimen will be unacceptable. 																		
Copper	<ul style="list-style-type: none"> ▪ Do not schedule an MRI up to 48 hours before the 24-hour urine collection. ▪ Collect the 24-hour urine before the MRI or 48 hours after the MRI or the specimen will be unacceptable. 																		
Heavy Metal Screen	<ul style="list-style-type: none"> ▪ Do not eat seafood 48 hours before starting the 24-hour urine collection and during the collection. ▪ Do not schedule an MRI up to 48 hours before the 24-hour urine collection. ▪ Collect the 24-hour urine before the MRI or 48 hours after the MRI or the specimen will be unacceptable. 																		
5-HIAA	<p>Do not eat any of the following for 48 hours before starting the 24-hour urine collection and during the collection:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">- Avocados</td> <td style="width: 50%;">- Kiwifruit</td> </tr> <tr> <td>- Bananas</td> <td>- Melon</td> </tr> <tr> <td>- Butternuts</td> <td>- Nuts</td> </tr> <tr> <td>- Cantaloupe</td> <td>- Pecans</td> </tr> <tr> <td>- Dates</td> <td>- Pineapple</td> </tr> <tr> <td>- Eggplant</td> <td>- Plantain</td> </tr> <tr> <td>- Grapefruit</td> <td>- Plums</td> </tr> <tr> <td>- Hickory</td> <td>- Tomatoes</td> </tr> <tr> <td>- Honeydew</td> <td>- Walnuts</td> </tr> </table>	- Avocados	- Kiwifruit	- Bananas	- Melon	- Butternuts	- Nuts	- Cantaloupe	- Pecans	- Dates	- Pineapple	- Eggplant	- Plantain	- Grapefruit	- Plums	- Hickory	- Tomatoes	- Honeydew	- Walnuts
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Oxalate	<ul style="list-style-type: none"> ▪ Limit Vitamin C intake to less than 2 gm/24 hours during the 24-hour urine collection 																		
Uric Acid	<ul style="list-style-type: none"> ▪ Do not drink alcoholic beverages during the 24-hour urine collection 																		