

Urine Sample Collection Instructions

Clean Catch Midstream Specimen Collection:

Females:

1. Wash your hands.
2. Open urine container, avoid touching the inside.
3. Spread labia apart with one hand.
4. Using towelettes provided, clean the urethral opening, wiping from front to back
5. Begin urinating into the toilet, then place the sterile cup under the flow to collect the middle portion of the stream.
6. Finish urinating into the toilet.
7. Close the lid tightly on the container
8. Refrigerate specimen immediately.

Males:

1. Wash your hands.
2. Open urine container, avoid touching the inside.
3. Using towelettes provided, wipe the head of the penis.
4. Begin urinating into the toilet, then place the sterile cup under the flow to collect the middle portion of the stream.
5. Finish urinating into the toilet.
6. Close the lid tightly on the container
7. Refrigerate specimen immediately.

After Collection:

1. Wash hands thoroughly
2. Check lids to be sure they are tightly closed
3. Label all containers with your name, date of birth and date of collection
4. Refrigerate immediately.
5. Return to any Crystal Run Healthcare location asap; within 12 hours.

24 Hour Urine Collection

1. Unless otherwise indicated by your provider, maintain your usual amount of liquid intake. Avoid alcoholic beverages.
2. Do not collect the first morning urine into the container. Flush it in the toilet.
3. All the urine after step 2 will be collected in the container for 24 hours.
4. If a preservative is added, collect the urine into the cup provided and then pour urine into the container. (Note: the preservative is only good for 30 days, after that you will need to pick up a new container with additive)
5. Mark the time of the first collection on the container.
6. The last sample collected should be the following morning at the same time the first urine was flushed the previous day.
7. All containers without additives must be refrigerated or kept in a cool environment.
8. Return the specimen to any Crystal Run location on the day of completion.

Litholink

Carefully follow the instructions provided in the kit.

24 Hour Litholink urine specimens can be returned to any Crystal Run facility Monday – Thursday.

IMPORTANT: YOU MUST BRING THE COMPLETED PAPERWORK PROVIDED WITH THE SPECIMEN, OR WE CAN NOT ACCEPT IT.

Catecholamine 24 Hour Urine Test Restrictions

Avoid these foods and medications for 24 hours prior to starting collection, and during collection:

Foods:

Caffeine - coffee, tea, chocolate, cocoa

Alcohol

Fruits – bananas, citrus fruits, vanilla

Medications (**Consult with your provider before stopping any medication**):

Aminophylline * Aspirin * Vitamin B * Amphetamine * Buspirone * Cocaine *
Decongestants * Levodopa * Methyldopa * Phenothiazine's * Reserpine * MAO
Inhibitors * Clonidine * Disulfaram * Tricyclic * Antidepressants * Guanethidine;
Salicylates.

5-HIAA 24 hour Urine Test

Avoid the following for 24 hours prior to starting collection, and during collection:

Caffeine - coffee, tea, chocolate, cocoa

Fruits – bananas, citrus fruits, Kiwi Fruit, Pineapples, Plantains, Plums,

Vanilla, Nuts, Tomatoes

Alcohol, Nicotine