

24 Hour Urine Testing

The preferred collection container is identified in bold. Acceptable preservatives are listed that may be used when more than one test is ordered and the preferred preservatives are different for each test. All of the 24 hour urine containers distributed by YH CP are Acid-Washed.

24 Hour Urine Test	Test Site/Code	Bottle Type				Patient Preparation	Comments
		Plain	6N HCl	50% Acetic Acid	Boric Acid		
17 Hydroxycorticosteroids (17 OH Corticosteroids; 17 OHCOR 24)	Quest 2796		30 mL	25 mL	1gm/100mL		
17 Ketosteroids (17 KS 24)	Quest 2776		30mL	25 mL	10 gm		
5 Hydroxyindoleacetic Acid (5-HIAA; Serotonin 24 Hr Urine)	Quest 2636	Note *	25 mL	25 mL	15 gm	Patient should avoid food high in indoles: avocado, banana, tomato, plum, walnut, pineapple, and eggplant. Patient should also avoid tobacco, tea and coffee three days prior to specimen collection.	*no preservative acceptable if ph <6, and the sample is shipped frozen **It is acceptable to add preservative up to 2 hours post collection
Albumin (24 U Alb)	YH Chem	Yes					
Aldosterone (ALDOS 24)	Quest 13856	Note *			10 gm		pH <7.5 *It is acceptable to add preservative after collection if urine was refrigerated during collection
Amylase (AMY Timed Urine, AMY T)	YH Chem	Yes					
Arsenic (24 ARSENIC)	Quest 17786		30 mL	25 mL		Fish, shellfish, and kelp should not be consumed for at least one week before specimen collection.	

Bence Jones Protein Panel <i>includes:</i> Protein Electrophoresis, Free Kappa, Random Urine; Free Lambda, Random Urine; Free Kappa/Lambda Ratio, Urine; Immunofixation, Urine; Free Kappa Excretion/Day; Free Lambda Excretion/Day; Protein, Total, 24-Hour; Interpretation	Quest 17404	Yes					
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24 Hour Urine Test	Test Site/Code	Bottle Type				Patient Preparation	Comments
		Plain	6N HCl	50% Acetic Acid	Boric Acid		
Calcium (CA 24)	YH Chem	Note *	30 mL				*Concentrated HCl can be added post collection, but prior to testing. (done by the YH Chemistry Dept)
Catecholamines, Fractional (CAT F 24) <i>includes:</i> Dopamine, Epinephrine, Norepinephrine, total Catecholamines (calculated)	Quest 4646	Note **	25 mL*			It is preferable for the patient to be off medications for a minimum of 18-24 hours prior to collection however, common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) may cause minimal or no interference. Patient should avoid tobacco, tea, coffee, and strenuous exercise for 8-12 hours prior to collection.	*pH <3 6N HCl can be added up to 2 hours post collection to adjust pH **no preservative is acceptable if pH is < 6 and the sample is shipped frozen
Chloride	YH Chem	Yes					
Citrate (CIT 24)	Quest 21206	Yes					
Collagen Cross-Linked N-Telopeptide (N-Telopeptide X-Link; NTX 24)	Quest 36421	Yes					
Copper	Quest 4876	Yes					Metal free container
Cortisol, Free (CORT 24) <i>includes:</i> creatinine	Quest 135286	Yes	25 mL		10 gm		

CreaTINE	Quest 0966	Yes *					*Freeze aliquot
CreaTININE (CREAT 24)	YH Chem	Yes	30 mL				
Creatinine Clearance	YH Chem	Yes	30 mL				Serum/Plasma Crea level needed for calculation. See YH Chem Crea procedure
Cystine	Quest 6016	Yes					pH>2.0 freeze aliquot
Delta Aminolevulinic Acid (24 DELTA ALA)	Quest 219	Yes	25 mL				Protect from light

24 Hour Urine Test	Test Site/Code	Bottle Type				Patient Preparation	Comments
		Plain	6N HCl	50% Acetic Acid	Boric Acid		
Glucose	YH Chem	Yes					
Heavy Metals Quantitative (24 HMQ) <i>includes: Arsenic, Cadmium, Lead, Mercury</i>	Quest 35386	Yes				Patient should refrain from eating seafood for at least 3 days before specimen collection	Metal free container
Kappa/Lambda Light Chains, Free with Ratio	Quest 138837	Yes					
Lead	Quest 17846		30 mL	25 mL			Metal free container
Magnesium	Quest 27446		30 mL	25 mL			Metal free container
Mercury	Quest 36441	Yes				Avoid seafood consumption for 48 hours prior to collection	Metal free container

Metanephrines, Fractionated (MET 24) <i>includes: Metanephrine, Normetanephrine, total Metanephrines</i>	Quest 14962	Note **	25 mL*			It is preferable for the patient to be off medications for three days prior to collection. Patient should avoid tobacco, tea, coffee, for three days prior to specimen collection. Common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference. Medications which are alpha agonists (Aldomet), alpha blockers (Dibenzylidine) should be avoided 18-24 hours prior to specimen collection.	*pH <3 6N HCl can be added up to 2 hours post collection to adjust pH **no preservative is acceptable if pH is < 6 and the sample is shipped frozen
Nitrogen Balance <i>includes: Ur Urea, Protein Intake*</i>	YH Chem	Yes	30 mL				*provided by dietary. See YH Chemistry BUN procedure
Oxalate	Quest 6816		25 mL			Patient should refrain from taking excessive amounts of Ascorbic Acid or Oxalate-rich foods (i.e., spinach, coffee, tea, chocolate, rhubarb) for at least 48 hours before the collection period.	
Phosphorus		Note *	30 mL				*Concentrated HCl can be added post collection, but prior to testing. (done by the YH Chemistry Dept)

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		Plain	6N HCl	50% Acetic Acid	Boric Acid		
Porphobilinogen, Quantitative	Quest 726	Yes					Protect from light
Porphyryns, Fractionated, Quantitative <i>Includes: Coproporphyrin I, Coproporphyrin III, Heptacarboxyporphyrin, Hexacarboxyporphyrin, Pentacarboxyporphyrin, Total Porphyryns, Uroporphyrin I, Uroporphyrin III</i>	Quest 729	Yes					Protect from light

Potassium (24 U K)	YH Chem	Yes	30 mL				
Protein (PRO 24)	YH Chem	Yes					
Sodium	YH Chem	Yes					
Urea (UREA 24)	YH Chem	Yes	30 mL				
Uric Acid (URIC 24)	YH Chem	Yes *	30 mL				*Specimen needs to be pretreated by the YH Chem dept prior to analysis
UroRisk Profile <i>Includes: Calcium, Oxalate, Uric Acid, Citrate, pH, Sodium, Phosphorus, Magnesium, Potassium, Creatinine, Calcium Oxalate, Brushite, Sodium Urate, Uric Acid, Sulfate, Total Volume</i>	Quest 15565	*					*Quest/Mission 24Hour Urine Collection System (Collection bottle and aliquot vials) **Specimen must be aliquoted into vials within 4 hours of collection
Vanillylmandelic Acid (VMA 24)	Quest 22326	Note **	25 mL*			It is preferable for the patient to be off medications for 3 days before specimen collection. However, common antihypertensives (diuretics, ACE inhibitors, calcium channel blockers, alpha and beta blockers) cause minimal or no interference. Patient should avoid alcohol, coffee, tea, tobacco (including use of nicotine patch), bananas, citrus fruits, and strenuous exercise before collection.	*pH <3 6N HCl can be added up to 2 hours post collection to adjust pH **no preservative is acceptable if pH is < 6 and the sample is shipped frozen