

## 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 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	Boric Acid		
2,3 Dinar-11-Beta-Prostaglandin F2 Alpha	<b>Quest 10109</b>	<b>Yes</b>				Patients taking aspirin or nonsteroidal anti-inflammatory drugs (NSAID) may have decreased concentrations of prostaglandin F2 alpha. If possible, discontinue for 2 weeks or 72 hours, respectively, prior to collecting a specimen.
5-Hydroxyindoleacetic Acid (5-HIAA), 24-Hour Urine without Creatinine	<b>Quest 523</b>	*Yes	<b>** 25 mL</b>		Patients should avoid food high in indoles: avocado, banana, tomato, plum, walnut, pineapple, and eggplant	*no preservative acceptable if pH is <6, and the sample is shipped frozen <b>**It is acceptable to add preservative up to 2 hours post collection</b>
Albumin (24 U Alb)	<b>YH Chem</b>	<b>Yes</b>				
Aldosterone, 24-Hour Urine with Creatinine	<b>Quest 19552</b>	<b>Yes</b>		10 g		
Amylase	<b>YH Chem</b>	<b>Yes</b>				
Arsenic (24 Arsenic)	<b>Quest 36433</b>	<b>Yes</b>			Avoid seafood consumption for 48 hours prior to collection	*Collect in an acid-washed or metal-free container
Bence Jones Protein Panel, 24-Hour Urine (Includes: Protein Electrophoresis, 24 Hour Urine Protein, Total, with Creatinine, 24-Hour Urine Immunofixation, Urine Free Kappa and Free Lambda)	<b>Quest 17404</b>	<b>Yes</b>				
Calcium (Ca 24)	<b>YH Chem</b>	<b>Yes</b>	30 mL			*Concentrated HCl can be added post collection, but prior to testing. (done by the YH Chemistry Dept)

24 Hour Urine Test	Test Site/Code	Bottle Type			Patient Preparation	Comments
		Plain	6N HCl	Boric Acid		
Catecholamines, Fractionated, 24-Hour Urine (without Creatinine) (Includes: Dopamine, Epinephrine, Norepinephrine, Total Catecholamines (calculated))	Quest 4646	** Yes	* 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, and strenuous exercise before collection.	*pH <3 <b>6N HCl can be added up to 2 hours post collection to adjust pH</b>  **no preservative is acceptable if pH is < 6 and the sample is shipped frozen
Chloride	YH Chem	Yes				
Citric Acid, 24-Hour Urine without Creatinine	Quest 11315	Yes				
Collagen Cross-Linked N-Telopeptide (NTx), 24-Hour Urine	Quest 36421	Yes				
Copper, 24-Hour Urine with Creatinine	Quest 4876	Yes				Collect without preservative and transport in a plastic, acid-washed or metal-free container.
Cortisol, Free, 24-Hour Urine with Creatinine, LC/MS/MS	Quest 11280	Yes	25 mL	10 g		
CreaTINE	Quest 0966	*Yes				*Freeze aliquot
CreaTININE (CREAT 24)	YH Chem	Yes	30 mL			
Creatinine Clearance	YH Chem	Yes	30 mL			Serum must collected 24 hours before the start of the urine collection or 24 hours after the completion of the urine collection.
Cystine, 24-Hour Urine	Quest 6016	Yes				PH>2.0. Freeze aliquot
Delta Aminolevulinic Acid, 24-Hour Urine (Delta ALA)	Quest 219	Yes	25 mL			Protect from light
Glucose	YH Chem	Yes				

24 Hour Urine Test	Test Site/Code	Bottle type			Patient Preparation	Comments
		Plain	6N HCl	Boric Acid		
Heavy Metals 24-Hour Urine with Cadmium	<b>Quest</b> 35386	<b>Yes</b>			Patient should refrain from eating seafood for at least 3 days before specimen collection.	Metal free container
Lead	<b>Quest</b> 36440	<b>Yes</b>				Metal free container
Magnesium, AA, 24-Hour Urine with Creatinine	<b>Quest</b> 19742	<b>Yes</b>	25 mL	10 g		Add preservative after collection to obtain a pH of <3.
Mercury, 24-Hour Urine	<b>Quest</b> 36441	<b>Yes</b>			Avoid seafood consumption for 48 hours prior to collection.	Metal free container
Metanephrines, Fractionated, LC/MS/MS, 24-Hour Urine Includes: Metanephrine, Normetanephrine, Total Metanephrines.	<b>Quest</b> 14962	** Yes	* <b>25 mL</b>		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 <b>6N HCl can be added up to 2 hours post collection to adjust pH</b>  **no preservative is acceptable if pH is < 6 and the sample is shipped frozen
Nitrogen Balance <i>includes:</i> Ur Urea, Protein Intake*	<b>YH Chem</b>	<b>Yes</b>	30 mL			*provided by dietary. See YH Chemistry BUN procedure
N-Methylhistamine, 24 Hour, Urine	<b>Quest</b> 39559	<b>Yes</b>	25 mL	10 g	Patient must not be taking monoamine oxidase inhibitors (MAOIs) or aminoguanidine	
Oxalic Acid, 24-Hour Urine without Creatinine (Oxalate)	<b>Quest</b> 11318		<b>*25 mL</b>		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 prior to collection period	*No alternative preservative accepted
Phosphorus	<b>YH Chem</b>	<b>Yes</b>	<b>30 mL</b>			*Concentrated HCl can be added post collection, but prior to testing. (done by the YH Chemistry Dept)

24 Hour Urine Test	Test Site/Code	Bottle type			Patient Preparation	Comments
		Plain	6N HCl	Boric Acid		
Porphobilinogen, Quantitative	Quest 726					Collect with 5 grams sodium carbonate. No other preservative accepted.  Protect from light
Porphyrins, Fractionated, Quantitative, 24-Hour Urine Includes: Coproporphyrin I, Coproporphyrin III, Heptacarboxyporphyrin, Hexacarboxyporphyrin, Pentacarboxyporphyrin, Uroporphyrin I, Uroporphyrin III, Total Porphyrins	Quest 729	Yes				Protect from light  5 grams of sodium carbonate is also acceptable for collection.
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(R) Diagnostic Profile  Includes: Calcium, Oxalate, Uric Acid, Citrate, pH, Sodium, Phosphorus, Magnesium, Potassium, Creatinine, Calcium Oxalate, Brushite, Sodium Urate, Uric Acid, Sulfate, Total Volume	Quest 15565	*				*Quest/Mission 24-Hour Urine Collection System (Collection bottle and aliquot vials)  **Specimen must be aliquoted into vials within 2-4 hours of collection
VMA (Vanillylmandelic Acid), 24-Hour Urine without Creatinine)	Quest 22326	*Yes	** 25 mL		It is preferable for the patient to be off medications for three days prior to 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 prior to collection.	**pH <3 <b>6N HCl can be added up to 2 hours post collection to adjust pH</b>  *No preservative is acceptable if pH is < 6 and the sample is shipped frozen