



About 24-hour Urine Collection



Changi
General Hospital

SingHealth

Please affix patient
sticker here

This investigation involves the collection of urine in a given container over a 24-hour period. At the end of the collection, the level of urine collected will be noted on the container using the level of indication (sticker) provided.

Two small samples of the urine collected need to be retained and the rest of the urine may be discarded. Return the urine samples to our clinic together with the investigation form. They will be sent to our laboratory for further analysis.

24-hour urine test for Vanilla Mandelic Acid (VMA)

The method for collection of urine is the same. However certain food and drugs may affect the test results, so you need to refrain from taking them three days before the test until after the urine collection is completed.

From _____ until the completion of 24-hour urine collection, do not take:

- | | | |
|--------------|--------------|----------------|
| ➔ Coffee | ➔ Ice-cream | ➔ Propanolol** |
| ➔ Vanilla | ➔ Chocolates | ➔ Aspirin** |
| ➔ Bananas | ➔ Cakes | ➔ Atenolol** |
| ➔ Pineapples | | |

** To check with the doctor for suitable substitute medication.

Urine collection process

1. A container will be given to you to collect and store your urine during the 24-hour period.
2. The container should be kept out of reach of children as preservatives may be present.
3. No special preparation is necessary unless we inform you.
4. Collection method
 - a) The urine that you pass upon awakening at _____ on _____ should not be included for this collection.
 - b) Subsequently, all urine that you pass after _____ on _____ is to be collected and poured into the container provided until _____ on _____.
 - c) Record the total amount of urine collected on the laboratory investigation form.
 - d) Pour the urine into the two small containers (50ml each) provided. Once this is done, the remaining urine can be discarded.
5. On the same day, return to the clinic, bringing along the investigation form and the two small containers of urine.
6. *A blood specimen is required from you to accompany the urine samples for testing. Therefore, we require you to return personally to the clinic. It would be taken when you return to the clinic with the urine samples and the form.
7. *You may have someone else bring the urine samples to the clinic for despatch to the laboratory.

* Note to staff: delete where appropriate



Singapore
General Hospital



Changi
General Hospital



Sengkang
General Hospital



KK Women's and
Children's Hospital



National Cancer
Centre Singapore



National Dental
Centre Singapore



National Heart
Centre Singapore



National
Neuroscience Institute



Singapore National
Eye Centre



SingHealth
Community Hospitals



Polyclinics
SingHealth

PATIENTS. AT THE HEART OF ALL WE DO.®

2 Simei Street 3 Singapore 529889
Tel: (65) 6788 8833 Fax: (65) 6788 0933
Reg No 198904226R

CGH Appointment Centre

For appointments and enquiries,
please call: (65) 6850 3333

Operating hours:
8.30am to 5.30pm (Mondays to Fridays)
8.30am to 12.30pm (Saturdays)
Closed on Sundays and Public Holidays

For more information, please visit www.cgh.com.sg



facebook.com/ChangiGeneralHospital

Information is valid as of February 2024 and subject to revision without prior notice.

All information provided within this publication is intended for general information and is provided on the understanding that no surgical and medical advice or recommendation is being rendered. Please do not disregard the professional advice of your doctor.