

# TTSH Instructions for 24-Hour Urine Catecholamine Collection

## A Guide for Patients and Families

Do not eat these foods for 2-3 days before and during your urine collection:

- Caffeine: Coffee, Tea, Cocoa, Cola
- Foods with amines: Bananas, Walnuts, Avocados, Beans, Cheese, Beer, Red wine
- Vanilla and vanilla-containing foods/drinks
- Licorice
- Tobacco
- Citrus fruits: Orange, Lemon, Grapefruit

**Important:** Keep yourself warm during collection, Drink plenty of water to stay hydrated

Your doctor needs you to collect all your urine over 24 hours for testing.

### Important Storage Instructions:

- Keep your urine container in a cool, dry place
- Keep it away from sunlight
- Do not wash the bottle
- Do not pour out the special liquid (preservative) inside the bottle

Please read and follow the collection steps carefully.

### How to Collect Your 24-Hour Urine Sample:

1. When you wake up in the morning, pass your urine into the toilet (do not collect this first urine). Write down this time on the urine container label (for example: 8:00 AM).
2. For the next 24 hours, collect all your urine by passing it into the kidney dish provided, then carefully pour it into your collection bottle.
3. The next day at the same time you wrote down (example: 8:00 AM), pass your last urine sample into the kidney dish and pour it to the collection bottle. This completes your 24-hour collection.
4. Bring your urine container to the outpatient Clinic \_\_\_\_\_ as soon as you finish collecting.

### Important Safety Notes:

If you need to pass motion, first pass your urine into the kidney dish to avoid getting stool in your urine sample.

**Warning:** The bottle contains a special liquid (preservative) that keeps your urine sample fresh but can be harmful. Do not throw away or spill this liquid.

Following these steps carefully is important for accurate test results. If you have any questions, please call us at 6357 7000.



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

Department of Renal Medicine  
PECC-REN-ED-2025-2095-v1

© Tan Tock Seng Hospital, Singapore 2025. All rights reserved. All information correct as of September 2025. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.