

Darnall Army Community Hospital, Fort Hood, Texas

Department of Pathology & Area Laboratory Services

Care - Quality - Readiness



INSTRUCTIONS 24-HOUR URINE SPECIMEN COLLECTION OXALATE

Date & Time of Test _____

If you cannot keep your appointment, please call 288-8200 to cancel and reschedule.

72 hours before collecting urine specimens, avoid eating or drinking things that contain:

- Excessive amounts of Vitamin C
- Vitamin C-rich foods
- Ascorbic acid (Vitamin C)

If ingested, these items will interfere with the test result.

PLEASE KEEP SPECIMENS REFRIGERATED OR ON ICE.

For 24 hours:

- Discard the first urine of the morning
- Begin the 24-hour collection with the second urine of the morning
- Save all urine throughout the day and night
- Save the first urine of the second day. (This provides complete 24-hour testing.)

For more information, please call 288-8227/8228.