

## Mast Cell Activation Syndrome (MCAS) 24-Hour Urine Collection Instructions

### Supplies

#### Supplied by lab or office:

Collection container for collecting urine  
(you will have one container or the other)



*Female collection "hat"*

*Male collection urinal*

Container for storing urine specimen (storage  
container)



*Examples of holding containers*

Supplies you will need to provide: Permanent marker for writing on storage container, space in a refrigerator for the storage container, and a cooler with ice for transport to lab.

### Overview and Planning

PLEASE PLAN CAREFULLY when to start the urine collection.

It is best to bring the specimen back Monday – Thursday between 7:00 am and 5:00 pm so that it is not sitting all weekend waiting to be processed. Courier service on the weekend cannot reliably get the specimens transported in the manner needed for accurate test results.

You will need to bring the specimen back on Day 2 as soon as possible after the morning collection.

Therefore, you should only **start** a collection **Sunday** through **Wednesday**.

### Important Notes

Non-steroidal anti-inflammatory drugs (NSAIDs) will interfere with this lab test. NSAIDs can be taken as a pill but also as creams or gels, such as Voltaren.

If you are on a medication that you think may be an NSAID, please contact our office and speak with the nurse before starting your urine collection.

PLEASE DO NOT TAKE NSAIDs FOR AT LEAST 7 DAYS BEFORE URINE COLLECTION. If you are on a NSAID and cannot stop taking them 7 days before you start the urine collection, please let the office know.

Any supplement that has vitamin D, vitamin E, vitamin C, or has anti-inflammatory effects should be stopped for AT LEAST 7 DAYS prior to testing.

The following is a list of common NSAIDs. Please note, this list is not exhaustive. If you aren't sure if you are on an NSAID, call your pharmacist or provider's office.

Aleve	Diclofenac	Mefenamic acid	Naproxen
Aspirin	Ibuprofen	Mobic	Voltaren
Celebrex/Celecoxib	Indomethacin	Motrin	Meloxic
Toradol	Indocin	Naprosyn	

### Collection Instructions

You have been given a large collection container to store all the urine. You have also been given a urine collection device which will be used to collect the urine and then transfer to the storage container in the refrigerator. **It is imperative that the storage container be cold prior to the start of the collection process.**

Please put the urine from the collecting container into the storage container as quickly as possible. Any time spent out of the refrigerator (or cooler) can cause a test to be falsely negative.

### Follow these steps

- 1) Put the urine collection jug in the refrigerator the night before you begin urine collection. You can use a cooler with ice if you prefer, but you **MUST** keep a steady supply of ice to keep the specimen cold.
- 2) On the morning you start urine collection, **DO NOT COLLECT** the first urine of the day but rather, flush it. However, please write the date and time of the first urination of the day on the container, even though you did not collect it.
- 3) Collect **ALL** urine for the remainder of the day in the collection container and take immediately to the refrigerator.
- 4) Continue to collect all urine in this manner for 24 hours. Stop when you reach the same time as you started the collection the day before.
- 5) Keep the container in the refrigerator until you are ready to bring the container back to the clinic or lab.
- 6) Place the container in a provided bag, pack with ice, then place the bag into a cooler with ice.
- 7) Bring the cooler to the clinic or lab.
- 8) Let the front desk know that you are a patient and are here with your MCAS specimen which needs to be taken to the lab and placed immediately in the refrigerator.



## Collection Checklist

### Day before urine collection

- Place urine storing container in the refrigerator
- Make sure your name is on the storing container

### Day 1 of urine collection

- Day 1 of collection must be a SUNDAY, MONDAY, TUESDAY, WEDNESDAY
- Flush the first urine of the day
- Write the date and time of the urine that you flushed (your first urine of the day) on the storage container label. Set a timer on your phone for the same time tomorrow to remind you when to stop collecting.
- Collect all urine and place in refrigerator (or cooler) immediately.

### Day 2 of urine collection

- Continue to collect urine until the same time that you started your urine collection the day before. Example: if you started collecting urine samples at 8am on Monday, then you will stop collecting samples at 8am on Tuesday.
- When you are ready to bring the urine back to the clinic or lab, place the container into a bag filled with ice. Place the bag into a cooler filled with ice and transport to clinic or lab. Let the front desk know that you are here to deliver MCAS specimen which needs to be brought to the lab and placed in the refrigerator.