

Labo klinische biologie



Acified 24-hour urine

Everything you need to know about

01

Before starting the collection

Please read this text carefully before you begin collecting your urine.

Your doctor has asked you to collect all of your urine over one full day (24 hours) in the container provided.

To measure certain substances in your urine, we ask you to collect every portion over a 24-hour period in the special container you have been given. We will measure not only these substances, but also the total volume you produce in 24 hours.

You can collect the containers, upon presenting your request form, at the desk of the Clinical Biology Laboratory (route 204). The filled containers should also be returned to the desk of the Clinical Biology Laboratory.

02

The collection container

This container has a label with brief instructions and space for sample identification.

Caution

The container contains an acidic liquid. You should never remove this. This substance is necessary to ensure reliable measurements.

- On the first morning, empty your bladder completely into the toilet, not into the collection container. Write down this time as the start date and time on the label.
- From that moment on, collect all urine during the next 24 hours (day and night) in the collection container.
- You must **not urinate** directly into the container. First pass the urine into a clean receptacle. After each time you urinate, carefully pour it straight away into the acidified collection container.
- Keep the collection container in a cool, dark, and clean place, preferably in the refrigerator (2–8°C). Always keep it out of the reach of children.
- The last portion of urine you must collect is the morning urine at exactly the same time as when you started. Write this end time on the label and mix the total amount of urine well.
- Make sure the container is properly closed and that the label is fully and correctly completed (name, date of birth, collection date, start and end time).
- Once you have finished, take the container to the laboratory as soon as possible. If there is any delay before you can bring it, store the sample in the refrigerator (2–8°C).

04

What if something goes wrong?

- If any urine is lost, you must start again at a new time using an unused, empty collection container.
- If, within 24 hours, you produce more urine than fits into one container, you must continue collecting it in an additional container.
- If the acid comes into contact with your eyes or skin, rinse immediately and thoroughly with water and seek expert medical advice.



Questions?

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