

INSTRUCTIONS FOR SAMPLE COLLECTION OR USER PREPARATION 24-HOUR URINE COLLECTION

Dear patient,

In order to ensure a reliable result, please follow the instructions below:

- Ask for advice at the Clinical Laboratory in order to obtain a suitable container for the examination requested to you. This will be the final container, which must be labelled with your personal data.
- Start of collection: Start by **DISCARDING** all the urine content of your bladder in the toilet. Record the hour as zero time.
- From now on, collect **ALL** the urine in an easy to use container, **CLEAN AND DRY, WITHOUT DETERGENT RESIDUES**. Using a large, clean, dry disposable plastic glass, transfer your urine to the final container as soon as possible.
- Keep the urine in the final container, tightly closed and refrigerated (Do not freeze).
- End of collection: collect **ALL** the day's urine in this way until the next day at the same time noted as zero hour, emptying all the content of your bladder and transferring it to the final container.
- Close the final container tightly. Avoid spills.
- Label the final container with your full name and surname, your identification number, the start date and time and the final date and time of collection completion.
- Refrigerate samples until their transport to the Clinical Laboratory, if you have been instructed to do so (see the label of the container). It is not necessary to refrigerate samples during transport if no more than 2 hours elapse.
- Deliver the samples with your Medical Order and the corresponding authorizations.

Note: If the requested test is for **CREATININE CLEARANCE**, the patient must show up for blood sample collection (It does not require fasting).

Remember that according to Law 100/1993, it is the patients' **DUTY** to take self-care measures and adhere to their Treating Physician recommendations.

For more details, please call us at phone number
3319090 Ext. 3152-4154

