

24-HOUR URINECOLLECTION (with preservative)

dU-5HIAA, dU-AdrNor, dU-HVA, dU-MetNor, dU-MOMA, dU-MTA: *Preservative 6 mol/l HCl suolahappo*
dU-Uraat: *Preservative 10 ml 5% NaOH*

24-hour urine tests are used to investigate conditions such as kidney disease and metabolic disorders. The collection time is 24 hours because the composition of urine varies at different times of day.

Preparing for the study

You can eat and drink normally during the study unless otherwise instructed. The collection should not be done during menstruation. Numerous drugs can affect the results of the study. Tell the doctor what medicines you are using.

Urine preservative

Two containers of a preservative (2 x 5 ml hydrochloric acid) have been provided to keep the urine from degrading. **Do not pour the preservative into the collection vessel until collection begins.** Take care not to let the substance contact your skin, mucous membranes or eyes. If it does, rinse the area with plenty of water and contact a doctor if necessary.

24-hour urine collection and preservation

NOTE: During collection, take care not to lose urine during bowel movements, for example. If one collection vessel is not enough, contact the laboratory.

Urine is altered by storage. Changes occur for chemical reasons and due to bacteria. Keep the collection vessels closed. Store them at refrigerator temperature (+2 - +8 °C) during and after collection.

Return these instructions with your sample, with the information below filled in.

Name: _____ Personal identity number: _____

1. To start collection

- Void your bladder without collecting the urine. Record the time, which is the collection start time.
_____/____/20__ at _____.

2. Collection of the urine

- You should collect all of the urine that is excreted during 24 hours. After the first portion of urine, add 5 ml of preservative to the sample container. Then add another 5 ml in the evening of the collection day.
- If your urine output is very low (less than 1dl), the second quantity of hydrochloric acid should not be added.

3. To finish collection

- Void your bladder into the collection vessel for the last time exactly 24 hours after the collection start time. This is the last batch of urine kept. The collection has now been completed. Dry the outside of the collection vessel. Record the end time.
_____/____/20__ at _____.

4. Deliver the collection vessel to the laboratory at room temperature within a one-day period.