

DIURNAL URINE SAMPLING, WITH PRESERVATION AGENT (dU-)

Diurnal urine examinations are used, for example, in the diagnoses of kidney diseases and metabolic diseases. The composition of urine varies at different times of the day, which is why the collection takes place over 24 hours.

Several medicines and foodstuffs can impact the outcome of the research. Follow your doctor's advice on medicine intake.

	MEDICINES TO BE AVOIDED	FOODSTUFFS TO BE AVOIDED	PRESERVATION AGENT
dU-5HIAA (KL 1637)	3 days before and during the sampling: Beta-blockers, tricyclic antidepressants, levodopa, methylodopa, MAO inhibitor	3 days before and during the sampling: Pineapple, banana, tomato, peanuts, red wine.	Hydrochloric acid (6 M HCl) 2 x 5 ml
dU-Ca (KL 2011)	No medicine to avoid.	No foodstuffs to avoid.	Hydrochloric acid (6 M HCl) 2 x 5 ml
dU-Katekol (KL 9719) dU-Adr (KL 1016) dU-Noradr (KL 2404) dU-Dopam (KL 1264)	3 days before and during the sampling: Tetracycline and quinidine medications, medicines that affect the metabolism of catechol amines, for example adrenaline, noradrenaline, MAO inhibitors, hydralazine, labetalol and betablockers. 2 weeks before and during the sampling: Alpha-methylodopa	3 days before and during the sampling: Banana, ice cream, chocolate, vanilla, coffee and tea	Hydrochloric acid (6 M HCl) 2 x 5 ml
dU-Metnor (KL 2337) dU-Metnef (KL 2336) dU-Normet (KL 2406) dU-MOMA (KL 2345) dU-MTA (KL 3873) dU-HVA (KL 1634)	3 days before and during the sampling: Benzodiazepines, labetalol, methylodopa, buspirone, diuretics (at sodium-lowering doses), exogenous catecholamines (levodopa, nasal drops, appetite suppressants), indirect sympathomimetics (amphetamine derivatives), phenothiazides, haloperidol, nitrates, tamsulosin, tricyclic antidepressants, venlafaxine, bromocryptine, clonidine, dexamethasone and MAO inhibitors.	3 days before and during the sampling: Banana, coffee, chocolate, vanilla, ethanol, tobacco, marijuana	Hydrochloric acid (6 M HCl) 2 x 5 ml
dU-Mg (KL 2299)	No medicine to avoid.	No foodstuffs to avoid.	Hydrochloric acid (6 M HCl) 2 x 5 ml
dU-Pi (KL 1429)	No medicine to avoid.	No foodstuffs to avoid.	Hydrochloric acid (6 M HCl) 2 x 5 ml
dU-Uraat (KL 2883)	No medicine to avoid.	No foodstuffs to avoid.	NaOH 5 % 10 ml

Sampling equipment

- Urine sample container 1–2 pcs, disposable cups
- Preservation agent 10 ml (2 x 5 ml) 6 mmol/l HCl/Hydrochloric acid
- Preservation agent dU-Uraat 5% NaOH

Sampling

During collection, care must be taken not to waste urine during defecation. Do not collect a sample during menstruation. The sampling is started, for example, at 6:00 in the morning and finished the next morning at 6:00.

PLEASE NOTE!

The preservation agent is toxic and **harmful to humans if swallowed, in contact with skin or eyes**. In the event of spillage, rinse skin with plenty of water. If the chemical has been swallowed, rinse the mouth, drink a little water and contact the Poison Information Center

These instructions are returned along with the sample with the following information:

Name: _____ Social security number: _____

1. BEGINNING THE COLLECTION

- Empty your bladder. This urine batch is not collected.
- Write down the exact time to the nearest minute.

date _____ time _____

2. URINE COLLECTION

- Collect all urine excreted during 24 hours. After the first batch of urine, add half of the preservation agent (5 ml) into the collection container. The rest of the preservation agent (5 ml) is added on the evening of the collection day.
- If only very little urine (1 dl or less) is produced, the second batch of preservation agent is not added into the container.
- The container is mixed every time urine is added.

3. FINISHING THE COLLECTION

- The bladder is emptied into the collection container for the last time exactly 24 hours after the start of collection. This is the last urine batch to be collected.
- The exterior of the collection container is dried.
- Write down the exact time to the nearest minute.

date _____ time _____

Storage and transport

Keep the collection container(s) closed in a cool place (2–8°C) and protected from light throughout the collection. The sample must not freeze. The collection containers are delivered to the laboratory at room temperature as soon as possible.

(the dU-Uraat collection is stored at room temperature during the collection).