



PREPARATION REQUIREMENTS 24-HOUR URINE SAMPLE



DOCUMENTS TO BRING ON TEST DAY

- Identification document.
- Insurance card (if applicable).
- Medical order with information about the test to be performed.
- Authorization from the insurance company (if applicable).

GENERAL INSTRUCTIONS

- For the collection of the urine go to the clinical laboratory in order to obtain the container, which should be identified with your full name and date of collection.
- In some cases, depending on the test, the vessel contains an additive, which should not be removed. This substance may be corrosive, so the container must be handled with care.
- For the collection of the sample, proceed as follows:
 - To start the collection, discard the first urine of the day (this urine should not go to the recipient).
 - From this moment on, collect in the container all subsequent urine for 24 hours until the next morning, when you will collect the first urine emptying the bladder completely.
 - During the collection of urine, keep the container in the refrigerator and protected from light.
 - Each time you collect the urine, cover the container and shake gently to mix the urine with the additive, if necessary.
 - When the collection is completed, take the container to the laboratory as soon as possible.

DEPENDING ON THE EXAM REQUESTED, FOLLOW THESE RECOMMENDATIONS

Calcium and Phosphorus: eat a regular diet before the test. If you are taking medicines that contain calcium, ask your physician if you can suspend it for the sample, in order to avoid interference with the test results.

Chlorine, Sodium and Potassium: prior to the tests, suspend for 7 days ingestion of abundant salt, fish and seafood, both salt, fish and seafood can interfere with the test results.

Creatinine clearance: blood and urine samples are required, so you should attend the clinical laboratory to deliver the urine sample and for the collection of the blood sample.

Vanillylmandelic acid: For 2 weeks avoid the intake of coffee, chocolate, bananas, citrus, cola, vanilla and medicines such as aspirin, levodopa, amoxicillin and other antibiotics. Not having received recent exposure to X-rays.

Catecholamines: 48 hours before and during the collection of the sample avoid alcohol, coffee, chocolate, cola, banana, tea, citrus, tobacco and heavy exercise.

5-Hydroxyindoleacetic Acid: 48 hours before the collection of the sample avoid eating banana, avocado, chocolate, pineapple, prunes, nuts or aubergines. Avoid medicines such as acetaminophen, salicylates, glyceryl guaiacolate, naproxen, methocarbamol, imipramine, isoniazid, MAO inhibitors, methyl dopa and phenothiazines.

Proteinuria: avoid stress and heavy exercise three days before the test. Restrict the consumption of large amounts of protein as red meat, poultry and fish.