

 <p>OSPEDALE SAN RAFFAELE</p>	<p>Servizio di Medicina di Laboratorio</p>	<p>AMBULATORI PRELIEVI ESTERNI</p> <p>Mod10E-rev4 del 10/10/2014 Inglese</p>
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2 Hours urine collection for Pyridinoline and Hydroxyproline

THE DAY BEFORE THE TEST:

Overnight fasting is required. Don't eat anything after 8.00 P.M.

During the night between 9.00 PM. and midnight drink 200 mL of mineral water (Fiuggi, S. Rita, Bernina, Baggio)

It's necessary a dietary restrictions - 72 hours before the collection avoid eating meat and collagen derived.

THE DAY OF THE TEST:

- 7 A.M. empty your bladder
- 8 A.M. do the blood test
- 8.30 A.M. drink 200 mL of mineral water
- 9.00 A.M. start the urinary collection into the bottle and collect all urine voided

Bring the bottle to the lab.

If it's impossible to follow exactly the timing, it's important to leave exactly 2 hours between the first and the second urination.

Please complete the following questions:

- Time of first urination _____
- Time of blood drawing _____
- Time of drinking mineral water _____
- Time of second urination _____

La Direzione del
Servizio di Medicina di Laboratorio
Ospedale San Raffaele