

 <p>OSPEDALE SAN RAFFAELE</p>	<p>Servizio di Medicina di Laboratorio</p>	<p>AMBULATORI PRELIEVI ESTERNI</p> <p>Mod16E-rev4 del 10/10/2014 Inglese</p>
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2 Hours urine collection for Pyridinoline

THE DAY OF THE TEST:

- In the morning (around 8.00 AM), as soon as you wake up, empty your bladder
- After one hour (at 9.00 AM) drink 200 mL of mineral water
- After another hour (at 10.00 AM) empty your bladder again and collect all the urine voided in a bottle

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

Bring the bottle to the lab. before 11.00 AM. (check the opening time of the lab.)

Please complete the following questions:

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

La Direzione del
Servizio di Medicina di Laboratorio
Ospedale San Raffaele