

 <p>OSPEDALE SAN RAFFAELE</p>	<p>Servizio di Medicina di Laboratorio</p>	<p><b>AMBULATORI PRELIEVI ESTERNI</b></p> <p>Mod31E-rev5 del 28/10/2014 Inglese</p>
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## 24 hours urine for Kappa/Lambda Light Chains, free

Before starting the urinary collection add 10 mL of **Sodium Azide** given by the outpatient clinic.

1. You must begin all 24-hour urine collections with an empty bladder. When you wake up the morning of the day (7.00 A.M.) the collection is to begin, empty your bladder, discard the urine and note the time.
2. Collect all urine throughout the day and night. Refrigerate the collected urine between all voidings or keep in a cool place, **protect it from light using aluminum foil sheet, protect it from temperature higher than 10°C.**
3. The next morning wake up at the same time (7.00 A.M) you did the day you began the collection, empty your bladder and add this to the urine you collected the day before. This completes the 24-hour urine collection.
4. Return specimen to the lab site as soon as possible after collection.

### IMPORTANT

#### SODIUM AZIDE RECOMMENDATION - ACCIDENTAL EXPOSURE

**Skin Contact:** Remove contaminated clothing and rinse off affected skin immediately with soap and copious amounts of water for at least 15 min.

**Eye Contact:** Use the eye wash to rinse the eye thoroughly for at least 15 min, occasionally lifting upper and lower eyelids and rolling the eyeballs around.

**Ingestion:** Rinse mouth with water. Seek medical attention immediately.

La Direzione del  
Servizio di Medicina di Laboratorio  
Ospedale San Raffaele