

 <p>OSPEDALE SAN RAFFAELE</p>	<p><b>Servizio di Medicina di Laboratorio</b></p>	<p><b>AMBULATORI PRELIEVI ESTERNI</b></p> <p>Mod3E-rev4 del 10/10/2014 inglese</p>
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## 24-HOUR URINE SPECIMENS

**CONTAINERS:** 24 Hours urine containers may be picked up by the pharmacy.

Please follow these instructions in collecting your 24-hours urine specimen:

You will find it more convenient to void (urinate) into the smaller container provided and transfer the urine into the larger collection container.

Do **not** add anything but urine to the container and do **not** pour out any liquid or powder that may already be in the collection container. These substances may cause burns if touched.

The collection container should be kept cool throughout the collection period: You may place in a refrigerator (or even outside in winter time).

1. Upon arising in the morning, urinate into the toilet, emptying your bladder completely. Do **not** collect this sample. Note the exact time.
2. Collect all urine voided for 24 hours after this time in the container provided. All urine passed during the 24-hour time period (day and night) must be saved. Urine passed during bowel movements must also be collected. Be careful not to contaminate urine specimen with feces.
3. Refrigerate the collected urine between all voidings or keep in a cool place, **protect it from light using aluminum foil sheet, protect it from higher temperature than 10°C.**
4. At exactly the same time the following morning, void completely again (first time after awakening) and add this sample to the collection container. This completes your 24-hour collection.
5. Be sure to label specimen with patient's name, date and time the collection began and ended.
6. Take the 24-hour specimen to the Outpatient service area as soon as possible.

La Direzione del  
Servizio di Medicina di Laboratorio  
Ospedale San Raffaele

