

 <p>RAF First Clinic Ospedale San Raffaele</p>	<p>PREPARATION: 2-HOUR URINE COLLECTION FOR CALCIUM/CREATININE RATIO</p>	<p>cod. S 100 date 11/04/2024 rev. 3</p>
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Dear Sir/Madam,

Please be advised that it is important to follow the instructions below to perform this test.

PREPARATION FOR TEST

To carry out the test it is also necessary to take a blood sample to measure creatinine and serum calcium whilst fasting.

On the test day:

1. As soon as you wake up in the morning, empty your bladder and throw away your urine.
2. At least 1 hour later, drink 200 mL of oligomineral water.
3. 2 hours after the first morning urination collect urine again and draw for calcium and creatinine.

It is important to respect the scheduled time intervals, i.e. that the time between the first and second urine emission is approximately 2 hours and that the second morning urine test and the blood test do not take place after the opening hours of the Collection Center.

To check on the correct performance of the test, please complete the underlined spaces below by answering respective questions.

- Time of first urination:
- Time of intake of oligomineral water:
- Time of second urination and blood collection:

SAMPLE DELIVERY

The sample must be received during the opening hours of the Collection Center.

Compiled by	Verified by	Approved by
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