

 <p>RAF First Clinic Ospedale San Raffaele</p>	<p>PREPARATION: 24-HOUR AND 2-HOUR URINE COLLECTION FOR PYRIDINOLINES Prof. A. Rubinacci</p>	<p>cod. S 34-48 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 URINE COLLECTION

- o Use only special containers available from pharmacies:
 - a) Container for 24-hour urine collection
 - b) Container for 2-hour urine collection
- o During collection, avoid exposing the container to light and temperatures above 10°C.

SAMPLE COLLECTION

Day before the test:

1. discard morning urine at 7 a.m. (start of collection);
2. collect in the dedicated 24-hour urine collection container all subsequent urine, including the next morning urine.

On the test day:

1. at 7 a.m. collect urine in the 24-hour urine container (end of collection);
2. at 8 a.m. drink 200 mL of oligomineral water;
3. at 9 a.m. urinate again and collect all urine output in the dedicated 2-hour urine collection container. It is important to adhere to the stipulated time intervals, that is, that the time between the first and second urine output is 2 hours.

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

- o Start time for 24-hour urine collection:.....
- o End time for 24-hour urine collection:
- o Time of intake of oligomineral water:.....
- o Time of 2-hour urine collection:

SAMPLE DELIVERY

The containers, with the entire 24-hour and 2-hour urine collection, must be delivered during the opening hours of the Sample Room.

Compiled by	Verified by	Approved by
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