



Laboratory Medicine Department
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PROCEDURE FOR COLLECTING A 24-HOUR URINE SAMPLE

Use the container with screw on cap available at the Sampling Point or purchasable at the pharmacy.
Write your full name on the container.

On the morning of the day on which you start to collect urine, empty your bladder without collecting the urine at the normal time (for example, at 7:00) and, from then on, collect all the urine passed during the day and night, including the first morning urine of the following day.(for example, at 7.00). Avoid exposing the container in which you are collecting the urine sample to the light and temperatures of over 10°C
It is important not to lose any of the urine passed.

WARNINGS:

Always close the containers firmly and keep them in the dark in a cool place (e.g.in a refrigerator) during the day.