



Laboratory Medicine Department
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**PROCEDURE FOR COLLECTING A 2-HOUR URINE SAMPLE FOR
PYRIDINOLINE AND HYDROXYPROLINE MEASUREMENT**

CONTAINER - Collect the container from the Sampling Point.

Do not eat any food after 8 p.m. on the evening before the sample is to be collected. Drink 200 mL (approximately 1 glass) of low mineral content water between 9 p.m. and 12 a.m.

On the morning of the day on which you start collecting the urine, empty your bladder without collecting the urine at the normal time (for example, at 7 a.m.) and take note of the time.

1.5 hours after passing the first morning urine (for example, at 8.30 a.m. drink 200 cc of low mineral content water (approximately one glass)

30 minutes later (i.e. two hours after passing the first morning urine), collect the urine sample and deliver it to the laboratory.

IMPORTANT:

You must follow a preparatory diet, which consists in NOT eating any meat or its derivatives (broth or jelly) on the 3 days leading up to the day on which the sample is collected.

To check that the test was carried out correctly, please fill in the following questionnaire:

Time of passing first morning urine: _____
Time at which you drank the low mineral content water _____
Time of passing second urine _____