

INSTRUCTIONS ON HOW TO PREPARE FOR COLLECTION OF BIOLOGICAL SAMPLES (URINE, BLOOD)

RANDOM URINE COLLECTION

The random urine samples (urinalysis) are collected in a special container (urine collection cup).

24-HOUR URINE COLLECTION

Urine is collected in a special container over a full 24-hour period and kept in the fridge (temperature at +2°C to +8°C).

A. 24-Hour Urine Collection Method

1. **Do not collect the first morning specimen** The second and all the other times you urinate, collect all urine in a special container.
2. **Collect all urine up to and including the first morning specimen of the following day.** The first urination on the first and the second day must be at the same time. No urination must be omitted.

B. Diet for 24-Hour Urine Test

1. DIET FOR THE FOLLOWING TESTS

- METANEPHRINES
- METANEPHRINE
- NORMETANEPHRINE
- CATECHOLAMINES
- DOPAMINE
- ADRENALINE
- NORADRENALINE
- VMA
- HVA

(1) Do not consume the following for 24 hours before or during the collection:

- *Chocolate, cocoa, tea, coffee*
- *Vanilla and products that contain vanilla (sweets, creams, candy, ice cream, etc)*
- *Nuts*
- *Bananas*
- *Alcoholic beverages*
- *Bottled drinks (coke, sprite, etc)*

(2) Do not take any medications 3 days before or during the collection.

3. Before you discontinue taking your medication, please contact your physician.
- 4 **Attention:** The container contains acid. Do not urinate directly into the container, inhale it or let it come into contact with your skin.

2. DIET FOR 24-HOUR CALCIUM URINE TEST

Do not take any calcium or hormones relating to osteoporosis for at least 3 days before the collection. All the urine must be collected and not just a part of it.

3. DIET FOR 24-HOUR HYDROXYPROLINE URINE TEST

The special diet during the urine collection must not contain any collagen. The following are forbidden:

- Meat & meat products (cold cuts, meat-based soups, etc)
- Fish (fish soups)
- Poultry (soups)
- Pudding & sweets
- Ice cream & candy
- Gelatin products

The following may be consumed as an alternative: Cheese, milk, milk froth, yogurt, eggs, legumes, vegetables, vegetable soups, salads, pasta

Creatinine levels must also be measured for proper evaluation of the result.

BLOOD & BIOCHEMICAL TESTS

A 12-hour fast is required before any blood or biochemical tests, with the exception of special categories of patients, who must first consult their attending physician.