

To: Mr./Mrs.

Please be informed that the correct procedure for collecting a 24-hour urine sample is as follows:

- ✓ procure a container for collecting a 24-hour urine sample: these containers normally hold 2.5 L of urine, procure a second container if you think you'll need it;
- ✓ discard the first morning urine;
- ✓ start collecting urine directly in the container from the second urination up to the first urination of the following morning;
- ✓ keep the container during the day in a cool place;
- ✓ having completed the collection, indicate the total volume of urine collected on the container: **it is very important to collect all the urine passed during the 24 hours**
- ✓ on the same day on which you finish collecting the urine, go to the Central Reception desk to register and then **deliver the container**, duly marked with the total volume of urine collected (see previous point) and the patient's full name and date of birth, to the Sample Collection Room.

For more information, contact the Clinical Laboratory at 0331.476212.