


<p style="text-align: center;">  <i>Azienda Provinciale per i Servizi Sanitari</i> <i>Provincia Autonoma di Trento</i> Laboratory Medicine Structural Department </p>	<p style="text-align: center;"> Department Form Procedure for the collection of a 24-hour urine specimen LINGUA INGLESE </p>
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Procedure for the collection of a 24-hour urine specimen

In order to dose certain urine components it is necessary to collect a 24-hour urine specimen in a container. For certain tests, collection should be made using a **preservative** that **shall remain in the container**.

- The right container for each test should be obtained from the laboratory or from the collection centres.
- The preservative may cause skin irritations and urine may therefore be first collected in a jar and then transferred in the container supplied by the laboratory.
- Empty the bladder upon awakening in the morning and **do not collect** this urine.
- From that moment on, collect all the urine made during the day, the night and the first of the following morning (store in a cool place, e.g. in the bathroom, out of reach of children).

At the end of the collection:

- For the delivery to collection centres related to the Clinical Pathology Laboratories of Trento, i.e. Arco, Cavalese and Cles, measure the quantity of urine made (graduated scale on the container) and note it on the label of the tube obtained from the laboratory. Mix the urine and fill the tube to about two thirds. Hand the tube over to the collection centre.
- For the delivery to the Clinical Pathology Laboratories of Borgo, Rovereto and Tione, cap the container and hand it over on the same morning to the collection centres during specimen collection hours.

Some drugs or foods interfere with the dosing result of specific analytes: **Vanilmandelic acid (AVM), 5-Hydroxyindoleacetic acid (HIAA), Serotonin** and **Catecholamine**.

In this case, observe the following instructions, for at least **three days before collection and during collection**:

- Avoid the intake of coffee, tea, chocolate, bananas, avocados, aubergines, pineapples, plums, tomatoes.
- Avoid the intake of aspirin, paracetamol, levodopa, neuroleptic, clofibrate.

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