



24 hour urine



Please read the entire brochure before you begin with your urine collection.

Introduction

It is important that notice be taken of the instructions surrounding a properly collected 24 hour urine specimen, as important decisions regarding your health are based upon the results produced. The test is only valid if the collection includes all urine passed in a 24 hour period. The test may be inaccurate and may have to be repeated if for any reason some of the urine you pass during the 24 hour period is not collected into the supplied container.

Your doctor may have requested several urine based tests. If these tests require different preservatives, you will need to perform multiple 24 hour urine collections.

Preparation

1. Before you begin the collection, you will be given one or more urine storage containers (usually a 5L container) and a name tag with instructions. Some patients may require more than one container for urine collection during the 24-hour period. If you require any additional containers, please collect from your local laboratory.
2. Some containers may have a preservative added. These containers will be clearly labelled. DO NOT throw out the preservative before urine collection. DO NOT void directly in this container as some preservatives may be corrosive. In case of accidental contact with the skin, flush with plenty of clean water.
3. Please keep the sample/bottle refrigerated throughout the collection.

Procedure

1. The urine collection should preferably start in the morning.
2. Empty your bladder into the toilet (DISCARD the urine – this first urine specimen should NOT form part of the collection) and note the date and START time (e.g. 07h15 a.m.) on the name tag on the bottle.
3. Collect ALL the urine passed during the next 24 hours in the bottle provided. If you urinate in a collection container, pour the urine into the storage container.
4. Empty bladder after EXACTLY 24 hours (generally the next morning) and add this urine to the bottle – this last specimen MUST be included in the collection. Note the END time of urine collection (e.g. 07h15 a.m.) the next day. Please note the exact time of the final collection, even if it is not the same as the start time the previous day.
5. If some urine is accidentally lost, discard all urine and re-start the collection from the beginning. Contact your local laboratory for a new container.
6. Some urine specimens require a blood specimen during or at the end of the collection. Make sure that this is done when you hand in the specimen at your local laboratory. The laboratory will also need your weight and height when certain tests are requested.

Date started: _____
Time started: _____

Date finished: _____
Time finished: _____

Special diets during specimen collection

Avoid the following foods and drugs for 3 days prior and during urine collection:

☐ You do not need to follow any special dietary instructions. You may follow your usual dietary routine.

☐ **Creatinine** Supplements containing creatine in excess of recommended daily doses.

☐ **5HIAA** Diet: Bananas, tomatoes, eggplant, grapefruit, pineapple, melon, kiwifruit, avocados, plums, dates, nuts, chocolates, and alcohol, cacao, butternut squash; broccoli; cauliflower; spinach; lives and products containing caffeine. Medication: Aspirin, ibuprofen, paracetamol, caffeine, nicotine, phenobarbitone, 'diet' tablets, tricyclic antidepressants, methylidopa; fluorouracil; melphalan; cisplatin; MAOI's; phenothiazines; isoniazid; heparin.*

☐ **Metanephrines** Avoidance advised for 5 days: sulfasalazine, sympathomimetics (incl. methylphenidate), alpha-blockers, beta-blockers, mao-inhibitors, L-dopa, anti-psychotics (incl. atypical), antidepressants (tricyclics, SSRI, SNRI), buspirone. Dietary abstinence advised for 24h: fruits, nuts, tomatoes, beans, potatoes, curry, chilli, caffeine, alcohol, nicotine.

☐ **Oxalate** Nifedipine and pyridoxine may falsely decrease oxalate values and vitamin C intake should be limited 2 days prior and during urine collection

☐ **Uric Acid** Avoid alcohol intake during collection.

☐ **Hydroxyproline** Food containing gelatine, sweet products e.g. jelly and collagen e.g. meat, fish, poultry

* Some hypertension medications may also interfere with the test, but it is not advisable to stop these. Consult with your clinician before stopping any medication, and mention all medications used before and during urine collection.

I certify that I have received adequate pre-test counselling and understand the above information.

Patient: _____ Date: _____

PathCare representative: _____

If you have any questions or concerns, please contact your local laboratory.

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24 uur-uriene

Lees asseblief die hele brosjure voordat u met u insameling van uriene begin.

Inleiding

Die akkurate tydbepaalde insameling van uriene, waarmee u binnekort gaan begin, is deel van u sorg. Belangrike besluite wat u gesondheid raak hang hiervan af. Hierdie toets is slegs akkuraat indien al die uriene wat u in 'n periode van 24 uur uitskei, ingesamel word. Indien daar, vir enige rede, van die uriene wat u gedurende die tydperk van 24 uur passeer, nie in die houer wat verskaf word opgevang word nie, mag die toets resultaat onakkuraat wees, en sal die versameling herhaal moet word.

U dokter kon verskeie urienetoetse aangevra het. Indien die toetse verskillende preserveermiddels benodig, sal dit vir u nodig wees om uriene in verskillende periodes van 24 uur in te samel.

Voorbereiding

1. Voordat u met die insameling begin, sal een of meer houters vir uriene (gewoonlik 'n 5L houer) en 'n blaadjie met u naam en instruksies aan u oorhandig word. Sommige pasiënte kan meer as een houer vir uriene, wat gedurende die periode van 24 uur ingesamel word, benodig. Die plaaslike laboratorium kan aan u addisionele houters verskaf.
2. Sommige houters kan 'n preserveermiddel bevat. Hierdie houters sal duidelik gemerk wees. MOENIE die preserveermiddel voor insameling van die uriene uitgooi nie. MOENIE die blaas direk in die houer ledig nie, aangesien sommige preserveermiddels bytend kan wees. Indien kontak met die vel per ongeluk plaasvind, spoel met baie skoon water af.
3. Hou asseblief die monster/bottel in die yskas gedurende die versameling.

Prosedure

1. Begin verkieslik met die insameling van die uriene in die oggend.
2. Ledig u blaas in die toilet (SPOEL of GOOI die uriene WEG – die eerste monster uriene moet NIE deel van die ingesamelde monster wees nie). Teken die datum en BEGINTYD (bv. 07h15) op die plakker op die houer aan.
3. Plaas ALLE uriene wat u oor die volgende 24 uur passeer in die houer. Indien u die urine in 'n opvanghouer passeer, giet dit in die insamelingshouer oor.
4. Ledig die blaas PRESIES na 24 uur (in die algemeen die volgende oggend) en voeg hierdie uriene by dié reeds in die bottel – hierdie laaste monster MOET by die insameling gevoeg word. Teken die EINDTYD van die uriene-insameling (bv. 07h15) die volgende dag aan. Teken asseblief die presiese tyd van die finale insameling aan, al is dit nie dieselfde as die begintyd die vorige dag nie.
5. Indien van die uriene per ongeluk verlore gaan, gooi al die uriene weg en begin weer van vooraf. Kontak u plaaslike laboratorium vir 'n varshouer.
6. Sommige uriene monsters vereis ook die neem van 'n bloedmonster gedurende of aan die einde van die insameling. Maak seker dat dit gedoen word wanneer u die monster by u plaaslike laboratorium inhandig. Die laboratorium sal ook u lengte en gewig vir sekere toetse nodig hê.

Datum begin: _____

Tyd begin: _____

Datum voltooi: _____

Tyd voltooi: _____

Spesiale diëte gedurende monsterinsameling

Vermý die volgende voedselsoorte en geneesmiddels vir 3 dae voor en tydens insameling van uriene:

☐ Dit is nie nodig om enige spesiale dieetvoorskrifte na te kom nie.

U mag u normale dieetrotetine volg.

☐ Kreatinien Aanvullings wat meer kreatien as die aanbevole daaglikse dosis bevat.

☐ SHIAA Dieet: Piesangs, tamaties, eivrug, pomelos, pynappel, spanspek, kiwivrug, avokados, pruime, dadels, neut, sjokolade, botterskorsie, broccoli; blomkool; spinasie; olywe. kakao en produkte met kafeien.

Medisyne/alkohol: Aspirien, ibuprofen, parasetamol, kafeien, nikotien, fenobarbitoon, dieet' tablette, alkohol en trisikliese antidepressante (TADs), metioldopa; fluorouracil; melfalan; sisplatin; MAOI's; fenotiasiene; isoniasied; heparien*

☐ Metanefriene Vermýding aanbeveel vir 5 dae: Sulfasalazine, Simpatomimetika (insl. Metielfenidaat), Alfa-blokkers, Beta-blokkers, MAO-Inhibitors, L-dopa, Antipsigotika (insl. atipies), Antidepressante (Trisiklies, SSRI, SNRI), Bispiroon. Dieetonthouding aanbeveel vir 24h: Vrugte, neut, tamaties, bone, aartappels, kerrie, rissies, kaffeien, alkohol, nikotien.

☐ Oksalaat Nifedipien en piridoksien mag oksalaat waardes valslik verminder en Vitamien C inname moet 2dae voor die tyd asook gedurende urien-versameling beperk word.

☐ Uriensuur Vermý alkoholiname tydens versameling.

☐ Hidroksiprolen Voedsel wat gelatien en kollageen bevat bv. vleis, vis, pluimvee, soet produkte bv. jellie

*Sommige middels vir hoë bloeddruk kan ook die toets beïnvloed, maar staking hiervan word nie aanbeveel nie. Raadpleeg u dokter voordat u enige medikasie staak, en vermeld alle medikasie wat u voor en gedurende insameling van urine gebruik het.

Hiermee bevestig ek dat die bogenoemde inligting deeglik aan my verduidelik is en dat ek die inligting wel verstaan.

Pasiënt: _____ Datum: _____

PathCare verteenwoordiger: _____

Indien u enige navrae of kommentaar het, kontak asseblief u plaaslike laboratorium.

*Patologie wat Waarde Toevoeg"

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