
 <p>Fondazione IRCCS San Gerardo dei Tintori</p> <p>Sistema Socio Sanitario</p>  <p>Regione Lombardia</p>	<p>Educational sheet</p> <p>Method for collecting acidified 24-hour urine</p>	Rev. 3	Page 1 / 1
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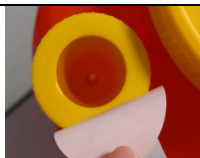
For the dosage of catecholamines, metanephrines, 5-hydroxyindolacetic acid, homovanillic acid (HVA), vanillylmandelic acid (VMA), dopamine, serotonin, and oxaluria, **use only containers provided by the sampling clinic**. It is possible to collect free of charge from the sampling point the 24-hour urine collection bin marked with the following label.



Warning: it contains acid. Keep the container out of the reach of children.

In the event of collections with volumes exceeding 3 litres, use a suitable second container.

In the four days preceding collection, except when oxaluria is requested, **do not consume** foods containing capsaicin (chili, Tabasco sauce, paprika, chili sauce), fruit juices, apricots, eggplants, kiwis, currants, nuts, bananas, chocolate, avocado, pineapple, plums, tomatoes, vanillin, caffeine, tea and alcoholic beverages.

1	When you wake up (for instance at 6:00), empty the bladder by discarding the urine in the toilet.	 
2	<ul style="list-style-type: none"> - Collect the subsequent urine of the entire day in the bin, including the early morning urine of the next day (first morning urination). - Store in a cool and dry place. - When the collection is over, gently shake the bin to mix the urine. 	
3	<ul style="list-style-type: none"> - Check the volume of urine collected on the graduated scale of the bin. - Write the measured value (expressed in ml) on the test tube label. 	<div> <div>Check the volume of urine collected on the graduate</div>  <div>Write the volume collected, expressed in ml, on the test tube label</div> </div>
4	Remove the label on the small container cap.	 
5	<ul style="list-style-type: none"> - Insert the test tube with the orange cap pointing downwards and press firmly: the urine automatically flows into the test tube; wait until it is completely filled. - Discard the remaining urine. - Deliver the test tube to the Sampling Centre on the morning when you complete the collection. If in doubt, deliver the bin directly to the Sampling Centre staff. 	