

24-hour collection of oxalate in the urine (dU-Oksal, 2421)

This test is done to study how much oxalate is excreted into the urine.

How to prepare yourself for the test

Your doctor will advise you how to prepare yourself for this examination. You may be advised to follow your regular diet or to avoid food containing oxalate and vitamin C.

If you are advised to avoid food containing oxalate:

1. Minimize the intake of oxalic acid and oxalates with your food for 2 days (48 hours) before starting the urine collection and during the collection. Such food includes red beet, spinach, rhubarb, asparagus, tea, chocolate, tomato and cucumber.
2. Avoid taking vitamin C for 48 hours before start of urine collection and during the collection.

Equipment needed which you will get from the laboratory

1. Empty container for collection of urine. Note: Only the container you get from the laboratory can be used for urine collection.
2. Sticker for your name and sticker for recording data on the test.

Sampling procedure

1. Start the collection of urine in the morning after waking.
2. First, empty your bladder into the toilet, **not into the collection container**.
3. Mark the **date and time of collection start** (the time when you emptied your bladder in the morning, e.g., 7.10 AM) on the sticker attached to the container.
4. Collect all your urine from this time point for the next 24 hours by voiding into the container. Please close the lid of the sample container securely every time you have opened it for addition of urine.
5. Keep the container with the lid on at **refrigerator temperature**, while urine collection is ongoing. The sample may not freeze.
6. If the first container gets full, continue collecting into the next container.
7. Stop the collection the next morning **exactly 24 hours from starting the collection** (e.g., at 7.10 AM). Do this by **emptying your bladder into the collection container at the time collection stops**.
8. Write the **date and time when you stop the collection** on the sticker attached to the container.
9. Close the lid of the container securely.

10. **Write your name and social security number on the sticker that came with the materials from the lab.**

11. Return the collection container to the department or open care unit that ordered the examination or to the laboratory as soon as possible, preferably on the same day the collection ended.

Please contact the department or outpatient unit if you have questions regarding the sampling procedure for this examination.

You may ask for the result of this examination at the hospital unit where you are being treated.

Reviewed 17.7.2023 PL