

Porphyrins in random urine sample (U-Porf-O, 2493)

How to prepare yourself for the test

1. Tell your doctor what medication and vitamins you use. Remember to include medicines you use regularly and medicines you take occasionally. Vitamins B and products that contain vitamins B may interfere with the analysis. Please don't take any vitamins B for 10 days before sampling. The same goes for all other vitamin products for 3 days before sampling.
2. The volume of the urine sample is 10 ml. You may take the sample in the morning after you have woken up or later during the day as long as there is at least 4 hours since previous urination.
3. You cannot do urine sampling during menstruation.
4. Urine collection is not possible on the day preceding public holidays and weekends, because the sample cannot be stored.

Equipment needed (which you will get from the laboratory)

1. A urine sample container and a urine sample tube.
2. A name sticker to be attached to the tube.
3. A black plastic bag and a piece of aluminum foil to protect the urine sample from light

Sampling procedure

1. Wash your hands.
2. Open the lid of the sample container.
3. Let some urine go into the toilet.
4. Then, without interrupting the urine stream, fill the container about 2/3 full with urine.
5. Close the lid firmly and remove the protective sticker on the lid. Keep the sticker, you will need it soon.
6. Place the sample container on a table.
7. Do not open the cap of the test tube! Press the test tube cap down against the needle all the way down to the bottom of the container until urine flows into the test tube. Wait until the flow of urine stops. The tube will get filled with urine to the upper edge of the label.
8. Finally, put the protective sticker back to cover the filling hole in the lid of the container. You may dispose of the urinary sample container with your regular kitchen garbage.
9. Write your name, personal identity code, sampling date and sampling time on the sticker. Attach the sticker to the test tube.
10. Wrap the test tube immediately into the piece of aluminum foil and put the tube to the black plastic bag. The sample must be protected from light.

11. Keep the test tube in a refrigerator, if you must keep the sample at home for some time before taking it to the laboratory. Please take the sample to the laboratory on the day of sampling or at the latest, on the following business day.

Please contact the department or outpatient clinic 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.

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