

## **Porphyrins in night urine (nU-Porf, 6332)**

### **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. You cannot do the urine collection during menstruation.
3. 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. Container for urine collection.
2. A name sticker to be attached to the sample container.
3. Another sticker for writing details of the collection.
4. A black plastic bag for storing the sample protected from light.

### **Sampling procedure**

1. Collect all urine from the time you go to bed until the following morning when you wake up (e.g., from 21:30 to 7:18 hours (9:30 PM to 7:18 AM)). **The collection time must be at least 6 hours.**
2. Empty your bladder into the toilet before going to bed. Do not collect this urine.
3. Write the **date and time when you start the collection** on the sticker and attach it to the container.
4. Keep the container with the collected urine in the black plastic bag protected from light and carefully closed in a refrigerator. Put the container back in the refrigerator after each bladder emptying.
5. The last time you empty your bladder into the container is as soon as you wake up in the morning. This concludes the collection.
6. Write the date and time when you stop the collection on the sticker attached to the container.
7. Close the container well and dry off the outside of the container.
8. Write your name and personal identity code on the second sticker (name sticker) and attach it to the container

After collection, take the container to the laboratory on the day when you stop the collection or at the latest, on the following business day.

Please contact the department or outpatient clinic if you have questions regarding the collection 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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