

Collection of two 24-hour urine samples by urinary stone patients

KIVIMETABOLIA2: laboratory examination set

You have been diagnosed with urinary stone disease which is being examined by collecting the urine you excrete over two 24-hour periods. The purpose of the urine collection is to study the excretion of substances into the urine which cause urinary stone formation or which inhibit the formation of urinary stones.

The results will help us to provide you dietary guidance to prevent the formation of new urinary stones. The results will also help to evaluate is medication needed to prevent the stone formation.

How to prepare yourself for the test

1. Follow your normal diet during the two 24-hour collection periods.
2. Take your regular drugs and natural products as you do usually.
3. Collect the urine during such a time when your daily rhythm is the same as usually.
4. Urine collection is not possible if you have menstrual bleeding or a urinary tract infection. Start the collection at the earliest 2 days after visible menstrual blood has cleared.
5. If you have an acute urinary tract infection, you must wait until the infection has cleared before starting the collection.

Materials

1. For collection of urine, you need two sample containers which are available for you to collect at the laboratory.
 - One of these containers contains preservative (sodium hydroxide). Do not pour the preservative out from the container. The preservative is corrosive. Be careful when you handle the container and keep it out of reach of children.
 - **If you get the preservative in your skin:** take the contaminated clothing off and rinse your skin with plenty of water for at least 30-60 minutes. Contact the emergency department at need.
 - **If you get the preservative in your eyes:** rinse your eyes with plenty of water for at least 30-60 minutes. Contact the emergency department.
 - **If you get the preservative in your mouth:** do not try to vomit. Contact the Poison Information Center.
 - Be careful that preservative does not spill on your clothes.

The other sample container is empty.

2. Sticker for your name and sticker for recording data on sampling.

Collection procedure

Collect the two 24-hour urine samples at home. The urine is collected in two separate sample containers on two separate days (24-hour periods). It is easiest for you if you collect the two 24-hour urine samples on two consecutive days so that you can return the containers to the laboratory at the same time.

Start the urine collection in the morning and proceed as instructed below. Collect the first 24-hour urine into the container with the preservative solution and the second 24-hour urine into the container with no preservative solution. Keep the container with the preservative solution at room temperature and the container without the preservative solution in a refrigerator. The sample may not freeze. Please close the lid of the sample container securely after each opening for addition of urine.

Sampling procedure

1. Start the collection at a time of your own choice (for example at 08.10 AM). Empty your bladder into the toilet, **not into the sample container**.
2. Write the **date and time when you started the collection** on the sticker attached to the container.
3. Collect all your urine from this time point for the next 24 hours by voiding into the container.
4. Stop the collection the next morning exactly 24 hours after starting the collection. Do this by **emptying your bladder into the collection container at the time collection stops**, for example at 08:10 AM.
5. Write the **date and time when you stopped the collection** on the sticker attached to the container.
6. Put the lid on the container securely.
7. **Write your name and social security number on the sticker that came with the materials from the lab.**
8. If you start the next 24-hour urine collection immediately after completion of the first 24-hour collection, **the start time for the second 24-hour collection will be the time when you stopped the first 24-hour collection** (for example 08.10 AM).
9. Collect the urine for the remaining 24 hours as instructed above (points 2–7) into the sample container without preservative (empty container).

Please take the sample containers to the laboratory as soon as possible after the collection is over. You may return both sample containers at the same time, if you have made the two 24-hour urine collections immediately after each other.

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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