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Method of collecting 24-hour urine

For the assay of some urine components, it is necessary to collect all urine output in 24 hours and perform this procedure scrupulously.

- > The appropriate container should be picked up at the laboratory or pharmacy;
- On the morning of the collection start day, discard all urine from the first morning urination by emptying the bladder completely, into the toilet;
- Collect in the container all urine emitted from this time onward, including that of the night and that of the first urination of the next day, emptying the bladder completely. Collection should be finished at the same time as the start of collection;
- > Deliver the container with the urine collection to the laboratory.

PLEASE NOTE:

- During the 24 hours of collection, store the container in a cool place (temperature below 10°C) or in a refrigerator, away from light.
- It is important not to lose any part of the urine emitted.