



24-HOUR URINE PROCEDURE

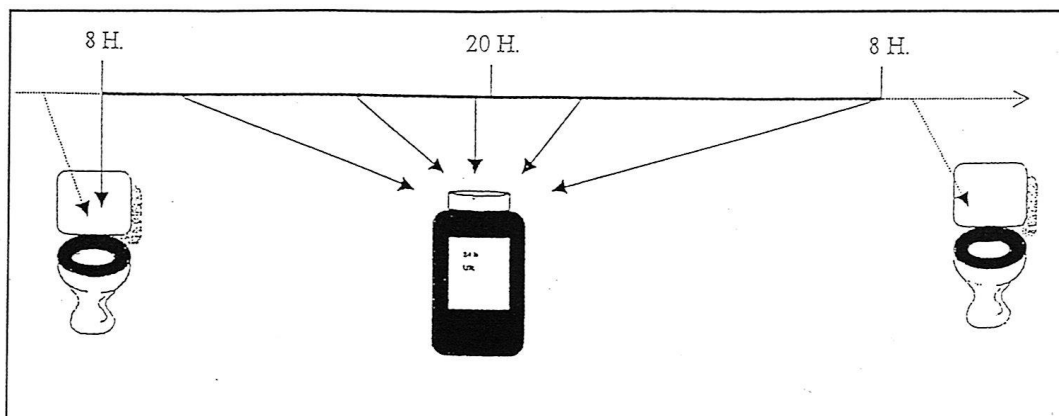
IMPORTANT: bring with you, your 24-hour urine collect (1st consultation only).

A few recommendations:

- ✓ The day and the evening prior to the collection: calm activities, no sport or any other intense physical activity. Please avoid drinking excessive amounts of tea, coffee or soft drinks, because this harms the precision of the assays.
- ✓ No vitamins during 8 days before collection.
- ✓ The urine of the day should be kept in the cool, in the fridge if possible.
- ✓ If, for example, the collection starts at 8.00am, the urine of that time (first urine) is not kept. After, all of them are to be kept, including the ones of 8.00am the next day.
- ✓ If by mistake some urines are lost or you have forgotten to take some, please restart the whole operation from the beginning (next morning).
- ✓ If you have more urine than the bottles permit, the last ones can be kept in empty mineral water bottles.
- ✓ Do not collect 24 hours urine during menstruations.

Assayed in 24 hrs urine are :

- Thyroid hormones (T3 and T4)
- Adrenal hormones (cortisol – free and derived, 17 keto – and 17OH-steroids)
- Sex hormones
- Growth hormone
- Melatonin
- Electrolytes (Na, K, Ca, P, Mg).



Procedure before sending your 24-hour urine collects to Belgium:

- ✓ Collect all your 24h urines in a graduated bottle.
- ✓ Read carefully the total volume of urines and write it down.
- ✓ Mix the bottle with your urine thoroughly and take a 200ml sample from it and put it in a little plastic bottle of 200-250ml (or the one you received with the KIT).
- ✓ Do not fill-up this bottle completely as it may burst open once the content is frozen.
- ✓ Label this bottle with **your name + surname + date of birth + date of the sample collection + TOTAL volume of your 24 hours urines.**
- ✓ Place this sample in the freezer at -20°C.
- ✓ When you want to send the sample, please protect it well by wrapping it up in a layer of 'plastic bubbles wrap' so that it doesn't break during postage.
- ✓ Put the bottle in an isolated container, sufficiently big to accommodate some dry ice for the trip. Add dry ice to it.
- ✓ If you send also blood samples, please make sure they are not in contact with the urine (to avoid them freezing together).
- ✓ If you send several 24-hour urine collection, add a separate list with ALL the names and addresses of the respective patients in the box.

To receive a LABORATORY TEST KIT for 24-hour urine:

This KIT contains: several tubes for your blood samples and a small sample for the urines of 24 hours. Please send an email or contact via phone or fax Lims Laboratory with your request. The laboratory will send you the KIT.

After you have taken your blood and urine samples, please resend them via FEDEX to the Laboratory Lims. Please send your samples on Monday or Tuesday to ensure that they arrive 24 hours later in the laboratory. Note that it takes about 3 to 4 weeks to have the complete results of your tests.

Address & contact of the laboratory Lims:

LABORATOIRE Lims
Avenue Jean Monnet,1
1348 Louvain-La-Neuve
TEL : +32 10 870 970
FAX : +32 2 225 282
Mail : logistique@mbnext.be
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