| PROCEDURE: | OXALATE, 24 HOUR URINE |
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*Medical supplies*

- 24 hour urine container.
- Preservative solution: 25 mL HCL 6N
- Stability :
  - Room temperature: 6 days
  - Refrigerated: 7 days
  - Frozen at -20 ºC: 2 months

*Preparation*

1) Drink as much liquid as you normally do, during the 24 hour collection period;
2) Always keep the urine container refrigerated during the procedure and until you bring it to the laboratory.
3) Follow your normal daily activities while avoiding the following for 48 hours prior to and during collection time of specimen, seeing as they have a known in vivo effect on or interfere with the analysis of oxalate[1] :

   - Ascorbic acid (large dose) (Vitamin C)
   - Oxalate-rich foods such as spinach, coffee, tea, chocolate, rhubarb, etc.

4) You may resume your normal diet after the specimen is collected

***Consult your health care provider regarding the need to discontinue drugs that can affect the test and for all questions about the previous list.***

## *Collection*

1) Obtain one (1) 24 hour urine container at your doctor's office or at the laboratory.
2) Day 1 :
   - First thing in the morning, completely empty your bladder and discard this first morning specimen. This starts the 24 hour period;
   - Indicate the 'exact' time and date on the container (for example 7:10 am, 2009-APR-30);
   - Identify the container :
     - First and last name;
     - If you have the doctor's requisition, write the date and the starting time on the requisition;
   - Collect ALL specimens in the 24 hour urine container for the remainder of the day, evening and night for the entire 24 hour period;
   - Gently shake the container after each urine specimen is added;
3) Day 2 :
   - Collect the last specimen exactly 24 hours later (in this case at 7:10 am). This is the last specimen to complete your 24 hour collection;
   - Indicate the 'exact' end time on the container and on the doctor's requisition;
   - Replace the cap and tighten it firmly.
4) Please indicate the total volume of the 24 urine specimen on the requisition.
5) Bring specimen to the laboratory as soon as possible.

[1] Reference: Clinical guide to laboratory tests, Norbert W. Tietz, third edition, 1995, p.460.