

## OXALAT (dU-Oksal)

For successful testing, it is important that you follow the diet instructions and take your medication according to your doctor's instructions.

The doctor's / nurse's instructions: \_\_\_\_\_

Two (2) days before you start your collection and during it, you are not allowed to drink tea or eat beetroot, spinach, rhubarb, asparagus, chocolate, tomato, or cucumber, nor foods that contain them. Also during this period, you are not allowed to consume large amounts (over 2 grams / day) of products that contain vitamin C. If you have deviated from the instructions, please tell the person collecting the sample about it.

### **Urine collection**

Empty your bladder in the morning of the collection day, for example at 7:15 am. THIS URINE WILL NOT BE COLLECTED but write down the start date and time:

Date \_\_\_\_\_ at \_\_\_\_\_

**THE URINE COLLECTION STARTS FROM THIS POINT ONWARDS** Collect all of your urine during the following 24 hours. You have to be careful not to lose any urine when emptying your bowels. Do not let any excrement or paper get in to the container.

Store the closed container at fridge temperature and protected from light until you bring it to the laboratory. Do not let the collected urine freeze. Use a second container if necessary.

Empty your bladder in the container for the last time in the following morning at the same time as you began the collection. Write down the stop date and time:

Date \_\_\_\_\_ at \_\_\_\_\_

### **After the collection is finished**

To distinguish your sample, it is important that you apply a label with your name, personal identity code, and collection start and stop times on to all of the containers. The laboratory cannot examine inadequately marked samples. Bring all containers to the laboratory as soon as possible.

If you have any questions, please call the customer service: +358 9 471 86800, Mon–Fri 7:30–15:30 (laboratory test results will not be given out over the telephone).