

 	Allegato URINE: ACIDIFIED 24-HOUR URINE COLLECTION	All-SDF.LAB03.42 Pagina 1 di 1 Aggiornato il: 05/07/2024
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INSTRUCTIONS FOR THE PATIENT

- Collect the container with the preservative from our laboratory .If the patient cannot collect the container from the Laboratory: Acidification is carried out before starting the collection by pouring approximately 4 tablespoons of muriatic acid into the container (Use Utmost Caution When Handling Muriatic Acid, as It Is Strongly Corrosive and Irritant).
- In case of 24-hour collection carried out for the measurement of **urinary aldosterone**, you have to add a **30 g sachet of boric acid** which can be purchased at the pharmacy.
- Discard the urine from the first morning urination and write down the time.
- Collect the urine from all subsequent urinations in a single, well-cleaned graduated container which can be purchased at the pharmacy. Keep the container in a cool place throughout the collection.
- The next morning complete the collection with the urine produced at the same time of the previous day.
- When ending the collection, measure the total quantity of the collected urine and thoroughly mix, pour the urine sample into the appropriate standard container, which can be purchased at the pharmacy, writing down the total volume measured.

NB: as regards the dosage of Vanillylmandelic acid and 5-hydroxyindoleacetic acid, it is necessary from 72 hours before the start of the collection and throughout the 24 hours, to observe a diet free of the following food pineapple, avocados, bananas, kiwi, blackberries, red plums, eggplant, tomatoes, dried fruit, tea and chocolate.