



## SAMPLING METHODS

### ACIDIFIED 12-HOUR URINE

#### IMPORTANT

IF YOU HAVE DIFFERENT TYPES OF SAMPLE TO TAKE, THE BLOOD SAMPLE SHOULD ALWAYS BE TAKEN LAST.

#### EQUIPMENT

To take this sample, you need:

- 1 clean collection container (not provided).
- 1 jar with a blue cap (provided).

#### IMPORTANT

The supplied jar may not be rinsed.

It contains the chloridric acid essential for the analysis.

*BEFORE TAKING YOUR SAMPLE: Please ask your doctor to find out whether your current treatment (medication, dietary supplement, etc.) should be temporarily suspended.*



## STEP 1



Write your name, first name and date of birth on the label provided jar

## STEP 2



Wash your hands thoroughly.

## STEP 3



Urinate a first time in the evening in the toilet (e.g. at 8:00 pm), then start collecting your nightly urine for 12 hours (including urine from 8:00 am) in the clean container you have prepared. Store the urine in the refrigerator for the duration of the collection.

## STEP 4



After mixing all the collected urine, open the provided jar and transfer the collected urine to fill it.

## STEP 5



Close the jar tightly and place it in the provided bag.