



SAMPLING METHODS

24H URINES



IMPORTANT

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

EQUIPMENT

To take this sample, we provide you with :

- 1 x 2-litre red-capped container for collection
- 60 ml red-capped jar for the sample to be sent



IMPORTANT

- Write down the total volume of urine collected in the cup over the 24 hours on the label of the bag provided for this purpose.
- If the volume of urine exceeds 2 litres, please use a clean personal container of greater volume to collect all the urine.
- If you forget to collect your urine once during the collection period, you must start the whole operation again from the beginning.

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



Wash your hands thoroughly.

STEP 2



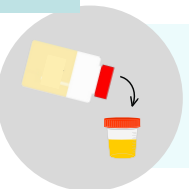
Urinate in the toilet first thing in the morning (e.g. at 8:00 am), then start collecting your urine for 24 hours (including the next day's urine at 8:00 am) in the cup. Store the urine in the refrigerator for the duration of the collection.

STEP 3



Mix all the urine collected in the cup.

STEP 4



Pour a sample of the urine collected into the small jar supplied in the kit. Fill in the jar as full as possible.

STEP 5



On the label on the jar, write your full name and date of birth, as well as the total volume of urine collected in the jar over the course of 24 hours.

Then place the jar in the special "Emballinfor" bag.