



SAMPLING METHODS

ACIDIFIED 24-HOURS URINE



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 2.7-litre white cap canister for collection.

This container cannot be rinsed.

It contains chloridric acid, which is essential for the analysis.



IMPORTANT

- **DO NOT COLLECT YOUR URINE DIRECTLY INTO THE BROWN CAN.**
- Be very careful not to forget your samples. If you forget to collect your urine once during the sampling period, you must contact our logistics department again (logistique@mbnext.be) to repeat the whole operation from the beginning, with new material that will have to be sent to you.
- Please write down the total volume of urine collected in the can over the 24 hours on the analysis request form and on the can label.

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 once in the morning in the toilet (e.g. at 8.00am), **then start collecting your urine for 24 hours** (including urine from 8.00am the next day) **in a clean container.**



STEP 3



Pour your urine very carefully as you go along, because the can contains chloridric acid.

STEP 4



Mix all the urine collected in the can.

STEP 5



Write down your last name, first name and date of birth, as well as the **total volume of urine collected** on the can label over the course of 24 hours.