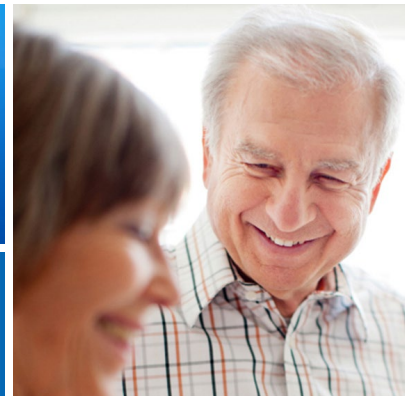


Urine test – 24 hour collection: Heavy metal detection



Your doctor has asked you to have a test for which you need to collect your urine for 24 hours. This fact sheet describes the purpose of the test, what it involves, and the collection steps.

What is this test for?

This test helps your doctor to find out whether there are any abnormal concentrations of certain metals in your body.

What does this test involve?

It consists of collecting all your urine in a container for 24 hours. The urine collected will be used to measure the concentration of certain metals in your body. This will help your doctor to:

- make a diagnosis
- decide on a treatment (if needed)
- monitor your health status

Where do I get a container?

Go to the CHUM Test Centre between 7 a.m. and 2:30 p.m., Monday to Friday. Bring your doctor's prescription with you.

The orange container you will be given is **the only container accepted** for this test



How do I collect the urine?

- 1 On the container label, write:
 - your first name
 - your family name
 - the number of your RAMQ health insurance card

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**NE PAS URINER DIRECTEMENT
DANS LE CONTENANT**

Conservé ce contenant au réfrigérateur

Nom: Luc Bienvenue
RAMQ OU #DOSSIER: 12345678

Date: _____
heure: _____

- 2 Urinate in the toilet and empty your bladder completely. Immediately **write the date and time on the label** of the opaque container. This is the start of the collection, even if you haven't yet put any urine into the container. The 24-hour countdown begins.

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Nom: Luc Bienvenue

DÉBUT de la collecte
Date: 8 décembre 2020
heure: 11:25

Fin de la collecte: _____

3 Put all the other urine from the next 24 hours (day, evening and night) into the orange container. **Don't urinate directly into the orange container.** Instead, use the urine collector that was given to you, then pour the urine into the container



ATTENTION

Don't rinse the urine collector after you have urinated. This is to avoid the risk of contamination by metals in the water. Instead, dry the collector with the supplied wipes. Store it in a plastic bag, away from dust.

4 The next day, at the exact time the collection started, you must collect your urine one last time. For example, if the collection begins at 11:35 a.m. on December 8, you should collect your last sample at 11:35 a.m. on December 9.

Important: Do it even if you don't feel like urinating. **Write the date and time on the label.** This is the end of the collection.

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NE PAS URINER DIRECTEMENT DANS LE CONTENANT	
Conserver ce contenant au réfrigérateur pendant et après la collecte	
Nom : <u>Luc Bienvenue</u>	
RAMQ OU #DOSSIER :	
Début de la collecte :	FIN de la collecte
Date : <u>8 décembre 2020</u>	<u>9 décembre 2020</u>
heure : <u>11:25</u>	<u>11:25</u>

Are there any precautions to take during the collection?

- > **Keep the orange container in the refrigerator** throughout the collection.
- > Put **all urine** produced during the 24 hours into the orange container. Otherwise, the data collected will be incomplete. You will then have to start collecting all over again.
- > Be careful not to contaminate your urine with stool or toilet paper.

What should I do once the collection is complete?

You have **24 hours** to return your clearly identified orange container to the CHUM Test Centre between 7 a.m. and 2:30 p.m., Monday to Friday. **Don't forget to bring your doctor's prescription.**

When will I get the results?

Your doctor will give you the test results at your next visit.



USEFUL RESOURCES

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our web site chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal chumontreal.qc.ca