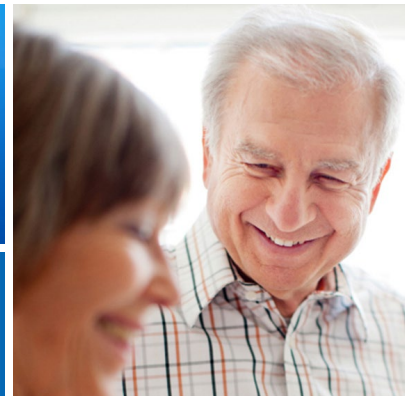


# Urine test – 24 hour collection: Cortisol or oxalate analysis



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?

It is used to detect certain health problems.

## What does this test involve?

It consists of collecting all your urine in a container for 24 hours. The urine collected is used to measure certain elements to:

- make a diagnosis
- decide on a treatment (if needed)

## 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

LABORATOIRE DE BIOCHIMIE  
CHUM  
**NE PAS URINER DIRECTEMENT  
DANS LE CONTENANT**  
Conserver ce contenant au réfrigérateur  
Nom: *Luc Bienvenu*  
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 orange 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.

LABORATOIRE DE BIOCHIMIE  
CHUM  
**NE PAS URINER DIRECTEMENT  
DANS LE CONTENANT**  
Conserver ce contenant au réfrigérateur  
pendant et après la collecte  
Nom: *Luc Bienvenu*  
**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. To do this, urinate into a clean, dry container and then pour the collected urine into the orange container.



**Don't urinate directly into the orange container.** You risk burning yourself with splashes of the preservative.



#### ATTENTION

If you use the same container each time to collect your urine, rinse it **only with hot water**. Don't use any soap, as this would distort the result of your test.

**4 The next day, at the exact time** the collection started, you must collect your urine one last time. **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.

LABORATOIRE DE BIOCHIMIE  
CHUM  
CENTRE HOSPITALIER DE L'UNIVERSITE DE MONTRÉAL

**NE PAS URINER DIRECTEMENT  
DANS LE CONTENANT**

Conserver ce contenant au réfrigérateur  
pendant et après la collecte

Nom: Luc Bienvenue

RAMQ OU #DOSSIER: \_\_\_\_\_

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

FIN de la collecte  
9 décembre 2020  
11:25

#### Example of a collection

If collection begins on December 8 at 11:25 a.m., it should end on December 9 at 11:25 a.m. It doesn't matter what time you start. You only have to respect the 24 hour period.

## 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](http://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](http://chumontreal.qc.ca)