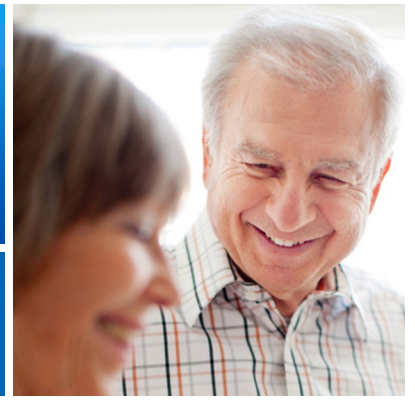


Urine test - 24 hour collection: Porphyrin analysis



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 illnesses.

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 opaque 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 opaque container.

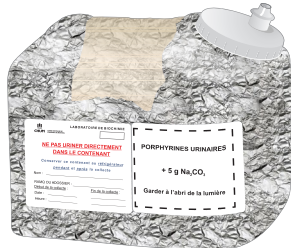
This is the start of the collection, even if you haven't yet put any urine into the container.

The 24-hour countdown begins.

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Nom: Luc 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 opaque container. To do this, urinate into a clean, dry container and then pour the collected urine into the opaque container.

Don't urinate directly into the opaque 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.

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DANS LE CONTENANT
Conserver ce contenant au réfrigérateur
pendant et après la collecte
Nom : Luc Bienvenue
RAMO OU #DOSSIER:
Début de la collecte :
Date : 8 décembre 2020
heure : 11:25
FIN de la collecte
9 décembre 2020
11:25

Exemple 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 collection?

- > **Keep the opaque container in the refrigerator** throughout the collection.
- > Put **all urine** produced during the 24 hours into the opaque 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 opaque 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

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