

URINARY PYRIDINOLINE: INSTRUCTIONS FOR URINE COLLECTION

2-hour urine collection:

- 1) In the morning, as soon as you wake up, empty your bladder and throw away the urine, noting the time of the first urination
- 2) After at least one hour, drink 250 mL of mineral water
- 3) Two hours after the first morning urination, urinate again and collect all the urine emitted in the appropriate container and deliver it to the Blood Collection Room

It is recommended to collect the urine in a wide-mouth jar with a screw cap and write your Surname and Name on the label. Carefully close the container to prevent urine from leaking during transport.
Keep the container away from light by wrapping it in aluminum foil.

Delivery times: Blood Collection Room, Ground Floor Mon.-Fri.
08:00-09:30