



## Collection of 24 hour urine sample for Urinary Oxalate

### Patient Information Sheet

*You may find it convenient to collect the urine over a weekend to avoid having to take the container to work with you.*

If you require further specimen containers please email **LSC@tdlpathology.com** or call **020 7307 7373** who will be able to assist you. Please return the sample with the Request Form. Read through all of the instructions below before taking your sample.

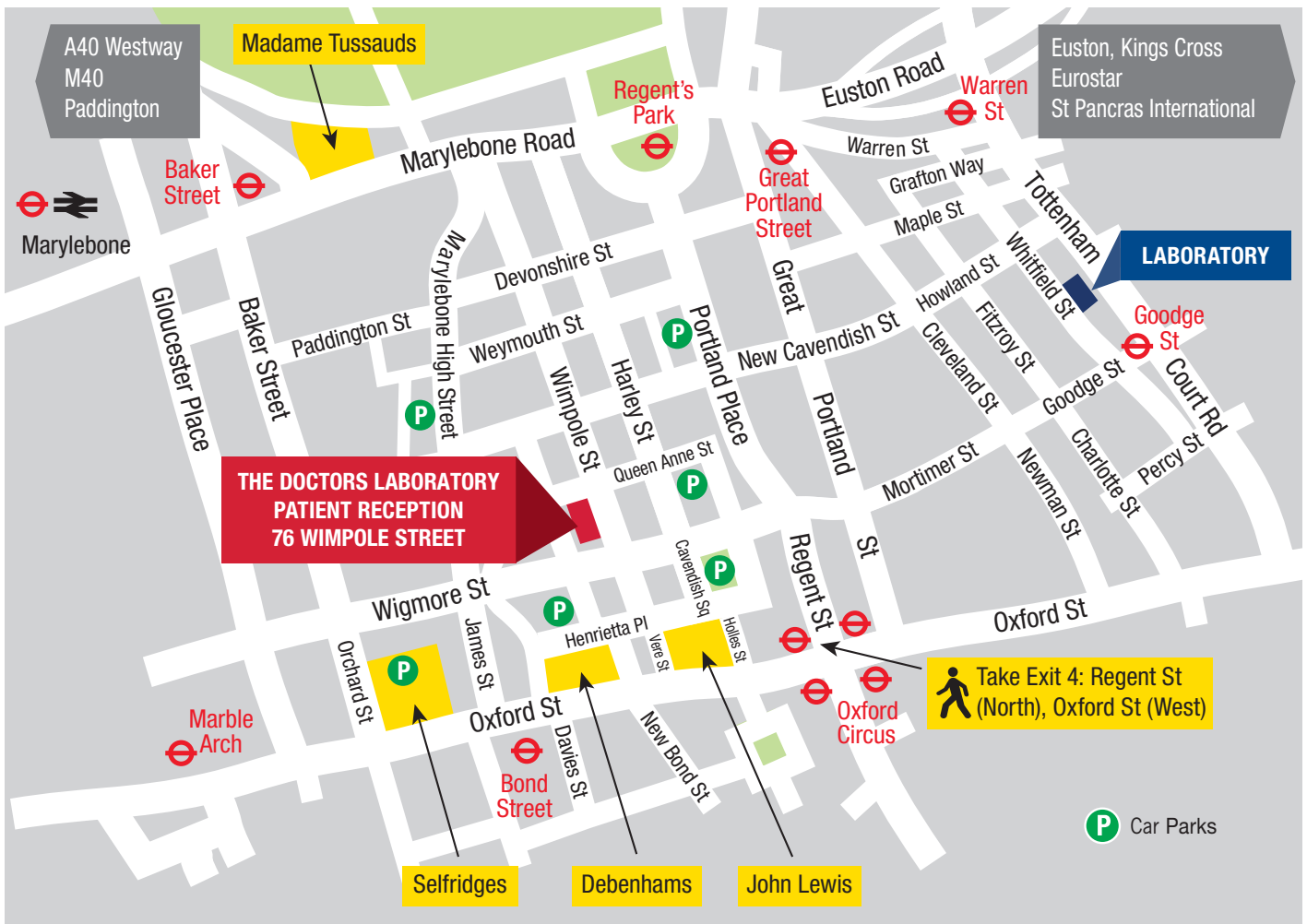
- 1 Do not collect the first urine sample of the day. For example, go to the toilet as normal.
- 2 Collect the second urination of the day and all urine samples for the next 24 hours in the container provided. For example: from **08:00AM** to **08:00AM** the next day.
- 3 Please label the container with the following: Patient name, DOB, Date of sample, Sex, Date and time of collection and Volume.
- 4 Store container in a cool place, preferably a refrigerator.
- 5 Keep the container upright during collection.
- 6 Place the container in the specimen bag provided.
- 7 Please return the sample with the request form to the Laboratory.

### IMPORTANT NOTICE

For 3 days prior to and during the collection you must avoid the following:

- Cucumbers
- Rhubarb
- Asparagus
- Spinach
- Tomatoes

If you are on any medication please give the Phlebotomist/Receptionist/Laboratory full details when you return your sample.



### PATIENT RECEPTION

76 Wimpole Street, London W1G 9RT  
 Telephone: 020 7307 7383  
 Patient Reception Fax: 020 7307 7371  
 Email: [patientreception@tdlpathology.com](mailto:patientreception@tdlpathology.com)

### OPENING TIMES

Monday to Friday 7.00am – 7.00pm  
 Saturday 9.00am – 5.00pm

### OUT OF HOURS SAMPLES

Out of hours samples can be dropped off at Patient Reception, 76 Wimpole Street, London W1G 9RT  
 Or at the main laboratory at 60 Whitfield Street, London W1T 4EU