

Hydroxyproline 2 Hour Urine Collection



Equipment

- 1 x 250ml Sterile Container
Available from any Clinical Labs collection centre or your doctor.



Special Requirements

- Avoid Aspirin-containing drugs for 48 hours prior to and during the collection.
- The following foods must be avoided for 48 hours prior to and during the urine collection:
 - **All meats:** All meat bone derived products (e.g. soups), all 'sausage' casings.
 - **Gelatin:** All Gelatin containing processed food, any product with GELATIN listed as an ingredient.
 - Any processed food if you are uncertain whether it contains gelatin or not (Gelatin is coded by name in lists of food additives if contained in a product): e.g. yoghurt, butter dairy spreads, some breads, dairy desserts, jellies, ice cream and cream.
- **You may have the following foods:**
 - Fresh fruit and vegetables, milk, eggs, unprocessed cereals, flour and sugars.

Procedure

- Collect a 250ml Sterile Container from your nearest Clinical Labs collection centre.
- Fast from 10pm the night before the collection. Water is allowed.
- On the following morning, empty bladder and discard urine. Note the time.
- Collect all urine for the next two hours into the sterile container. (You should attempt to pass urine at exactly two hours after starting time noted.)
- Keep the specimen refrigerated until it is delivered to the nearest Clinical Labs collection centre, preferably as soon as collection is completed.