



## FASTING CALCIUM IN URINE / OR URINE CALCIUM / CREATININE RATIO

### Pre-test preparation

1. All milk and milk products, such as cheese, yoghurt etc, should be avoided on the day before the test.
2. Calcium tablets must also be avoided.
3. Fast from 9.00 pm on the night before the test – only water and usual medication is allowed after this time.

### Test procedure

1. At 8.00 am on the morning of the test, empty your bladder and discard the urine. **This is the starting time of the test.**
2. Drink between 1/2 to 1 litre of water (approximately 2-4 glasses) and collect a urine specimen into the container provided, approximately 1-2 hours later. **This completes the test.**
3. Ensure the container is labelled with your surname, first name, date of birth, gender, time and date of collection.
4. Specimen should be returned to the collection centre or doctor's surgery as soon as possible.