



## URINE HYDROXYPROLINE

1. For 24 hours before the test, avoid eating meat products or extract, poultry, fish, gravy, soups, ice-cream, pudding and soft candy products containing gelatine. You may eat eggs and milk.
2. Fast overnight (minimum of 8 hours) before the test. Only water and usual medication is allowed.
3. In the morning, empty your bladder into the toilet.
4. Do not have breakfast (water only).
5. Two hours after passing first urine, collect a urine sample into the green top container provided.
6. Ensure the container is labelled with your surname, first name, date of birth, gender, time and date of collection.
7. Deliver specimen to the collection centre or doctor's surgery as soon as possible.