

*CENTEGRA CLINICAL LABORATORIES
McHenry/Woodstock, Illinois*

PATIENT INSTRUCTIONS

Test:

Oxalate, Urine

Use this Container:

24 Hour Urine Container
(provided by the laboratory)

DIETARY RESTRICTIONS:

1. Avoid excessive amounts of of Ascorbic Acid or Oxalate rich foods for 48 hours prior to collection.
 - Rhubarb, Strawberries, Spinach and Tomatoes
 - coffee, tea and chocolate

COLLECTION PROCEDURE:

1. Follow direction for **24 Hour Urine Collection**
2. Refrigerate during collection.
3. Deliver to the laboratory within 24 hours after collection.