

PATIENT INSTRUCTIONS

HYDROXYPROLINE TEST

The following instructions are intended to help you collect the correct specimen for the test your clinician has requested.

This test typically requires a 24-hour urine specimen. Please obtain the Collection of 24-Hour Urine Specimen Patient Instructions for collection of this type of urine.

DIET RESTRICTIONS FOR THE HYDROXYPROLINE TEST

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

For **eighteen (18) hours** prior to collection of urine, and during the collection, you will need to eat a Collagen and Gelatin Free diet.

This means you **MUST AVOID the following foods:**

- Meat, fish or poultry
- Meat, fish or poultry soups
- Ice cream or Yogurt
- Gelatin desserts (jell-o)
- Pudding
- Marmalade or jam
- Sweets or Sugar

After the specimen is collected, you may resume your normal diet.