

Eat Smart Study

Doubly labelled water

Instructions for collecting urine at home

Introduction

Doubly labelled water (DLW) is harmless, it is non toxic and not radioactive. It contains special types (isotopes) of oxygen and hydrogen which are found naturally in our bodies. Drinking DLW merely raises the levels of what is already there. It takes 10 days for the extra dose of these isotopes to leave the body and we need to know the rate it is leaving every day. This is why urine needs to be collected every day for 10 days in a row.

Instructions

- 1) You will be asked for a urine sample before you are given the DLW to drink.
- 2) A urine sample will be collected 5 hours after dosing at the hospital.
- 3) Urine should be collected every day for the next 10 days.
- 4) **DO NOT** collect urine from the first void in the morning.
- 5) Apart from first thing, urine can be collected at anytime of the day.
- 6) Urinate directly into the container that is labelled with the correct day and date.
- 7) **DO NOT** fill the container to the top; fill the container to half or three quarters only.
- 8) Carefully screw the cap on making sure the thread is correct and the cap tightly secured and place the container in the plastic bag provided.
- 9) **IMMEDIATELY** record the time that the sample was collected on the urine container label and on the table overleaf this is **VITAL** to the measurement.
- 10) If you /your child has had any diarrhoea or vomiting please record this on the table as this will affect the rate the isotopes leave the body.
- 11) Place the urine sample in the grip lock bag you have been provided with, and store in the freezer.
- 12) If you forget to provide a sample one day **DON'T WORRY, CONTINUE WITH THE SAMPLE COLLECTION THE NEXT DAY. DO NOT STOP.**
- 13) After day 10 we will organise for the samples to be collected from your home.



Urine collection table

This table must be completed every day as the urine sample is collected

Please record the time of each urine collection				
Sample	Date	Time	Diarrhoea or vomiting?	
			Yes	No
Predose				
DLW admin				
5 hour				
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				

Thank you for your co-operation with this assessment

Please contact Janet Warren on 36361981 or cnrc@uq.edu.au if you have any concerns.

The urine will be collected soon after the last sample is stored by a special taxi service.