

Blood and urine tests are required so the Kidney Stone Prevention Clinic team can provide you with the best health information for your individual needs.

These tests are more complex than you may expect. Use the **Kidney Stone Prevention Clinic (KSPC) requisitions when you have blood and urine testing done** to ensure your healthcare providers, kidney specialist, and our clinic receive copies of your results.

- You have 2 lab requisitions:
 - A **solid blue** requisition
 - ⇒ This requisition has both **blood and urine** test orders on it for your local lab to do
 - ⇒ Complete your **24-hour** urine collection and then take the urine and this requisition to the lab
 - Write your **Start and End Date and Time** below “**24-Hour Urine**” and **Height** and **Weight** under “**Creatinine Clearance**” on this requisition
 - See the “24-hour Urine Collection” sheet for more information
 - ⇒ At the lab you will have **blood drawn** and provide a **midstream urine** sample for testing.
 - A **blue and white** requisition (Roy Romanow Provincial Laboratory)
 - ⇒ This requisition is only used if you have passed a kidney stone and need to have the stone(s) tested
 - ⇒ See the “Kidney Stone Collection” sheet for more information.
- You may need to pre-book an appointment at your preferred lab for specimen drop-off and further blood and urine sample collection at that time.
- You DO NOT have to fast for this appointment.
- It may take longer for the lab to enter all of the tests into the system. Plan to be at the lab for longer than usual.
- Complete your blood and urine tests, **then** contact our clinic to schedule an appointment.

