

Patient Instructions for Kidney Stone Collection

Read all of the instructions before you begin your collection.

Your doctor has recommended you catch your stone by filtering your urine. Most stones are small enough to pass out of the body on their own.

Each urine collection should be filtered until stone has passed. It's also important to filter your urine during your **first-morning** void, because the stone may have passed to the bladder or urinary tract during the night.

1. Obtain a stone collection kit from your doctor.
2. Use the filter provided to filter your urine.
3. Check the filter for any particles that may be a stone. The stone may be very small so check carefully.

The stone could look like a grain of sand or a small piece of gravel.

4. If a stone is found, air dry thoroughly at room temperature for 24 hours on a tissue or towel. Place dry stone in the clean, dry container provided.
5. **Important:** Any residual moisture or dampness on the stone or in the container will result in a testing delay.

A dry stone will not stick to the walls of the container.

- Do not send stone in liquid of any type as it will interfere with the analytical procedure.
- Do not tape specimen to anything; tape interferes with the analytical procedure.
- Do not send filters or other collection devices.

6. Write the source, if known, on sticker of container (ie, left kidney, bladder, right ureter). Place container in bag provided.

7. Keep the stone at room temperature.

8. **Return stone(s) instructions:**

- ☐ Call doctor's office **BEFORE** returning stone to ensure order is placed for testing
- ☐ Return stone(s) to doctor's office
- ☐ Return stone(s) to location circled below

References:

Mayo Medical Laboratories "Patient Collection Instructions for Kidney Stones" MC4091-09rev1016

Return specimens to one of the circled locations below:

Return specimens to this clinic

Pathology Laboratory - Downtown

1212 Pleasant St Lower Level 9
Des Moines, IA 50309
Phone (515) 241-8878
Monday – Friday 7:00a – 6:00p
Saturday 8:00a - Noon



Pathology Laboratory - Ankeny

3625 North Ankeny Blvd Suite G
Ankeny, IA 50021
Phone (515) 965-4670
Monday - Friday 7:00a – 5:00p

Pathology Laboratory - Lakeview

6000 University Ave, Ste 165
West Des Moines, IA 50326
Phone (515) 241-2622
Monday- Friday 7:00a – 5:30p