

Clinical Laboratory

Urine collection instructions for albumin excretion rate testing

Before going to bed, urinate normally into the toilet (NOT into the container) and record the exact time (to the minute) on a sheet of paper. The sheet must include your FULL NAME and the DATE. If you need to urinate during the night, do so in the container.

Upon waking, as soon as you get up, urinate into the container and record the exact time (to the minute, using the same clock as the previous evening) on the designated sheet.

Securely close the container by screwing the lid on tightly.

Store the container at a temperature of 2–8°C (in the refrigerator).

If three samples are required, they may be delivered on the same day, provided they have been stored in the refrigerator. Label the containers as I, II, and III.

Container: Use an appropriate container, available from pharmacies.

Milan, 27/11/24