

URINE SAMPLE FOR DETERMINATION OF ALBUMIN-TO-CREATININE RATIO (4511 U-AlbKrea or 23572 nU-AlbKrea)

No preliminary preparations are required. A morning urine sample taken immediately after waking up (night urine) is usually the most reliable kind of sample, since physical exertion can affect the results. For some patients, being in an upright position increases the secretion of albumin into urine. Avoiding physical exercise is recommended on the day of the sample collection.

Collection equipment

For the collection of a sample, the health station or hospital staff will provide you with a sample container with a lid, one vacuum sample tube, a resealable plastic bag and a sticker/label for recording your personal details. Attach the sticker to the resealable plastic bag or slip the label inside the bag. **Do not open the stopper on the sample tube!**

Giving a urine sample

Wash your hands carefully. Twist the sample container's lid open. Do not touch the inside of the container. First pass some urine into the toilet, then fill about two-thirds of the sample container without interrupting the flow of urine. You can pass the rest of the urine into the toilet.

Handling of the sample

Transfer the urine to the sample tube immediately after sample collection. Close the container's lid tightly and peel back the sticker on the lid. Be careful not to touch the needle! Place the sample container on the table. With the stopper to the front, press the sample tube against the needle all the way down, until urine begins streaming into the tube. When the urine stops flowing into the tube, remove the tube by carefully pulling it upwards. Turn the tube upside down at least 8 times. Dispose of the sample container in a waste bin. If you are requested to give other urine samples, fill the other tubes in a similar manner.



Write your name, identity code and sampling time on the sticker or sample identification label. Attach the sticker to the resealable bag or slip the label inside the bag along with the sample tubes, then seal the bag. **The laboratory cannot analyse samples which have not been marked with personal details.** Take the sample tubes to the laboratory as soon as possible during the same day. The sample will keep for 8 hours at room temperature. The sample tubes must not be allowed to freeze.

If you have any questions, please call the HUSLAB service number, tel. +358 9471 86800 Mon-Fri 7:30-15:30 (laboratory test results will not be given by telephone).

