

Overnight urine collection for albumin test

Urine collected during rest (night-time urine) yields the most reliable results, as exercise increases the excretion of albumin in the urine. The collection period should be at least 6 hours. The starting and finishing times of collection should be marked accurately (\pm one minute). Your nearest HUS laboratory unit will provide you with collection container.

If you have not followed these instructions, please tell the recipient of the sample about it.

Collection of the urine

Empty your bladder just before going to bed. **THIS URINE IS NOT COLLECTED**, but you should still record the time to the precise minute (\pm one minute, e.g. 21:19):

date _____ time _____

THE COLLECTION PERIOD STARTS FROM HERE. You should collect all the urine that is excreted during the night. There is no need to record the times during the night. Keep the sample container in room temperature. Urinate into the sample container for the last time after waking up in the morning. The collection ends here. Record the time to the precise minute (\pm one minute, e.g. 6:12 o'clock):

date _____ time _____

After the end of collection

For sample identification, it is important that you mark your name, identity code and the starting and finishing times of collection on a sticker and attach it to the sample container. The laboratory cannot analyse inadequately labeled samples. Take the sample container to the laboratory on a same day when you finish the collection. Do not let the sample freeze.

If you have any questions, please call the customer service number:
09 471 86800 Mon–Fri 7:30– 15:30 (laboratory test results will not be given by phone).