

## Collecting a 24-hour urine sample

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### Purpose

The purpose of the examination is to investigate your kidney function.

### Sampling kits

Sampling kits are available from the laboratories of SataDiag or from your local health centre.

### What you need:

- a urine sample container
- a name sticker.

### Start of collection

Start the collection of urine in the morning. Empty your bladder first (not in the sampling container).

Write down the exact date and time (hour and minute) you started collecting samples:

\_\_\_\_/\_\_\_\_ 20\_\_\_\_ at \_\_\_\_.

### This is the starting time.

### Urine collection

After this, collect all urine in the sample container. Close the container carefully when not collecting urine.

### End of collection

Empty your bladder next morning for the last time **exactly 24 hours after you started collecting urine samples.**

This is the last sample collected.

This marks the end of the collection.

Write down the date and time (hour and minute) you stopped collecting urine samples:

\_\_\_\_/\_\_\_\_ 20\_\_\_\_ at \_\_\_\_.

Wipe the outer surface of the container. Close the container carefully once you have stopped collecting urine.

Make sure the container has the following information:

- your name
- your personal identity number
- sampling date.

### Storing and returning the sample

During the collection, keep the container in the refrigerator.

Take the container and this form, duly filled in, to the laboratory as soon as you have stopped collecting samples.

Write down your information below:

Name \_\_\_\_\_

Personal identity number \_\_\_\_\_.

### Contact information

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weekdays 10 am – 3 pm.