

## Osmolality of single-voided urine sample as primary test for polyuria (U-Osmol, 2444)

This examination is used to study the fluid balance of the body.

### How to prepare yourself for the test

1. Don't drink or eat anything after 10:00 o'clock PM (22:00 hours) the evening before the test.
2. You may give the sample in the laboratory instead of your home, if you have other laboratory tests scheduled for the same day.

### Materials

1. Container with lid for urine sample. You will get the container from the laboratory.
2. One vacuum test tube. You will get the test tube from the laboratory.
3. Plastic bag and sticker for name.

### Procedure

1. Urinate normally (empty your bladder) into the toilet in the morning immediately after awakening. **Don't urinate yet into the sample container.**
2. Don't eat or drink anything yet.
3. Pass a urine sample into the sample container **half an hour (30 minutes)** later.

### Transferring the urine sample from the sample container into the test tube

Please note that you must **not open** the cap of the test tube.

1. After passing urine into the sample container, close the lid firmly and remove the protective sticker on the lid.
2. Place the sample container on a table.
3. Transfer the urine sample from the container into the test tube like this:
  - Press the test tube cap down against the needle all the way to the bottom until urine flows into the test tube.
  - Keep the test tube in place until the flow of urine stops.
  - Finally, put the protective sticker back on the lid to cover the filling hole.
4. **Write your name, social security number, sampling date and sampling time on the sticker that came with the materials from the lab.**
5. **Attach the sticker to the test tube.**

6. Place the tube into the plastic bag.

7. Keep the test tube with the urine sample cool, preferably at refrigerator temperature, for **no longer than 24 hours**.

Deliver the test tube after providing the sample to the sampling station of the laboratory. Do this on the same days as when you took the sample and during the office hours of the sampling station. If you have received other instructions from the ward regarding sample delivery, please follow those instructions. You may dispose of the urinary sample container with your regular kitchen waste.

Please contact the department or outpatient clinic if you have questions regarding the sampling procedure for this examination.

You may ask for the result of this examination at the hospital unit where you are being treated.

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