

## 24-hour aldosterone in the urine (dU-Aldos, 1033)

The examination is done to study the secretion of the hormone aldosterone by the adrenal cortex. At the same time, the concentrations of sodium and potassium in the 24-hour urine are determined.

### How to prepare yourself for the test

There are many medicines that may affect the test result.

1. Tell your doctor all medicines you take - those you take regularly and those you take occasionally. The following medicines, for example, may influence the result of this laboratory examination: estrogen products, spironolactone, corticosteroids, triamterene, prostaglandin inhibitors, ACE inhibitors, angiotensin II receptor blockers, beta-blockers, sympatholytic and vasodilators.
2. Your doctor will advise you on which medicines, if any, you should discontinue before the urine collection begins.
3. Do not add any salt to your food. The daily amount of salt in the food should be about 5–7 grams during the 3–5 days preceding the test plus on the day of the test. A regular diet contains this amount of salt.
4. Do not eat liquorice or salty liquorice (salmiak) during 72 hours (3 days) before the start of the urine collection nor on the day of urine collection.
5. You cannot do the urine collection during menstruation.

### Equipment needed which you will get from the laboratory

1. Container for collection of urine. Note: Only the container you get from the laboratory can be used for urine collection.
2. Sticker for your name and sticker for recording data on the test.

### Sampling procedure

1. Start the collection of urine in the morning after waking.
2. First, empty your bladder into the toilet, **not into the collection container**.
3. Mark the **date and time of collection start** (the time when you emptied your bladder in the morning, e.g., 7.10 AM) on the sticker attached to the container.
4. Collect all your urine from this time point for the next 24 hours by voiding into the container. Please close the lid of the sample container securely every time you have opened it for addition of urine.

5. Keep the container with the lid on at **refrigerator temperature**, while urine collection is ongoing. The sample may not freeze.
6. If the first container gets full, continue collecting into the next container.
7. Stop the collection the **next morning exactly 24 hours from starting the collection** (e.g., at 7.10 AM). Do this by emptying your bladder into the collection container at the time collection stops.
8. Write the **date and time when you stop the collection** on the sticker attached to the container.
9. Close the lid of the container securely.
10. **Write your name and social security number on the sticker that came with the materials from the lab.**
11. Return the collection container to the department or open care unit that ordered the examination or to the laboratory as soon as possible, preferably on the same day the collection ended.

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

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