

Urine albumin-creatinine ratio (U-AlbKre, 4511)

The test is intended for detection of early diabetic nephropathy.

How to prepare yourself for the test

1. Avoid physical strain on the evening before sampling

Materials

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

Procedure

1. Take the urine sample **at home**.
2. Take the sample into the sample container from your **first urination in the morning immediately once you have got up after the night's rest**.

Moving the urine sample from the sample container to the test tubes

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

1. After passing some 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. Move the urine sample from the container into the 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.
 - Let the flow continue until the test tube is filled with urine to the upper part of the label and the flow of urine stops.
 - Replace the protective sticker 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 tube.**
6. Place the tube into the plastic bag.
7. Keep the sample container cool, preferably at refrigerator temperature.

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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