

Albumin in night urine (cU-Alb-Mi, 4084)

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
2. Rest in bed as much as possible, peaceful moving indoors is allowed.
3. Usually, the best time for collecting the urine is between 19:00 (7:00 PM) and 07:00 (07:00 AM), but any other nocturnal 12-hour interval is ok.

Materials

1. Urine collection container – you will get this from the laboratory
2. Sticker for your name and sticker for recording data on the test.

Procedure

1. Urine collection container – you will get this from the laboratory
2. Start collecting the urine in the evening at 19:00 (07:00 PM).
3. First, empty your bladder into the toilet, **not into the collection container.**
4. Write the date and time when you start the collection on the sticker attached to the container.
5. Collect all your urine from this time point for the next 12 hours by voiding into the container.
6. Stop the collection the next morning **exactly 12 hours from starting the collection.** Do this by emptying your bladder into the collection container at the time collection stops.
7. Write the date and time when you stop the collection on the sticker attached to the container.
8. Put the lid on the container securely.
9. **Write your name and social security number on the sticker that came with the materials from the lab.**
10. Keep the collection container closed at refrigerator temperature while the collection is ongoing. The sample can be stored at refrigerator temperature for no longer than 24 hours before analysis.
11. The sample may not freeze.

Deliver the container 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.

Please contact the department or outpatient clinic if you have questions regarding the collection 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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