

NIGHT URINE COLLECTION FOR MICROALBUMINURIA RESEARCH

MATERIAL NEEDED FOR COLLECTION

Approximately 2500mL inert plastic, screw-capped, leak-proof canister with graduated scale provided by the Collection Center or can be purchased at the pharmacy.

Cylindrical bottom test tube with beige cap provided by the Collection Center (not purchasable at the pharmacy)

DIRECTIONS AND METHOD OF COLLECTION

1. At 11:00 p.m. on the day of the start of collection, urinate by emptying the bladder completely and discard the urine emitted.
2. Collect all urine emitted in the next 8 hours in the canister, including that of 7:00 a.m. the following morning.
3. Upon completion of collection:
 - ✓ Close the canister tightly by screwing the cap on.
 - ✓ Check the amount of urine collected (volume), using the graduated scale on the urine canister.
 - ✓ Write the amount of urine collected on the label of the tube along with the first name, last name and date of birth.
 - ✓ Turn the test tube over several times to mix the urine.
 - ✓ Insert the test tube into the suction probe on the cap of the canister.
 - ✓ Discard the rest of the urine, wash well and dry the canister to use for future collections.
 - ✓ Fill in the box below with your data and the volume of urine collected.
4. Identify the test tube by writing your name, surname and date of birth
5. Deliver the tube containing urine to the Collection Center.

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|---|----------------|
| SURNAME..... NAME | |
| DATE OF BIRTH..... URINE VOLUME (mL) | |
| The undersigned (Name and Surname)..... | |
| Declares that he/she has followed the directions in this policy. | |
| Date..... | Signature..... |

WARNING

Throughout the collection period, keep the canister tightly closed, in a cool place and on a safe surface, out of direct light and out of the reach of children.