

Collection of Timed Urine Specimen for Microalbumin

Patient Instructions

NOTES

It is crucial to collect a *precisely timed* sample. The sample should be collected over a period greater than four (4) hours. For your convenience, it may be easier to collect the sample overnight.

PROCEDURE

- 1) Prior to going to bed:
 - Empty your bladder completely;
 - Discard this sample;
 - Take note of the exact time (eg. 10:58pm) as this is the commencement time for the collection and needs to be noted on the sample container.
- 2) Collect all urine passed during the night and place it in the sample container.
- 3) On rising in the morning:
 - Empty bladder completely;
 - Place this into the sample container;
 - Take note of the exact time (eg. 6:36am) as this is the completion time for the collection and needs to be noted on the sample container.

STORAGE CONDITIONS

Please refrigerate the sample until it can be delivered to the laboratory.

INFORMATION

For any further information or questions regarding this procedure please call Client Services on **(08) 8366 2000**