

Timed Urine Collection for Orthostatic Proteinuria (LTR71425)

Last Approved Time: 11/11/2022

Revision: 3.40

Specimen will not be tested if label or requisition is missing information.

Following the instructions below is important for providing you with accurate test results.

You will require two urine collection containers.



Or



Label one container **Daytime** and the other **Night time**.

Daytime container

Collect during the day

Example:



- Completely empty your bladder (pee) into the toilet.
- Write the time and date on daytime container label as the Start time and date.

Day-time Container
John Doe
12345 6700
Start 7:00am Jan 3
Finish



Daytime collection:

First 14 hours

The **next** time you pee and **every** time you pee for the next **14 hours**

- Urinate (pee) into a clean, dry, plastic container, for example a plastic cup.
- Pour all urine into daytime container every time.
- Close the lid of the bottle tightly after each urine specimen is added.
- Please keep the bottle upright in a cool, dark place.



Daytime collection:

Hours 14 – 16

In the evening (**hour 14**), lie down for **2 hours**. After these 2 hours, urinate (pee) and add this urine to the **daytime container**.

- Collect a last daytime urine specimen exactly **16 hours after the Start time**.
- Try to urinate (pee) even if you do not feel an urge. Completely empty your bladder.
- Write the time and date on the daytime container label as the Finish time and date.
- Make sure the label has all of the following:
 - Full first and last name
 - Healthcare number
 - Physician name
 - Start and Finish times and dates



Day-time Container
John Doe
12345 6700
Dr. Jane Smith (ABC Clinic)
Start 7:00am Jan 3
Finish 11:00pm Jan 3

Lying down for two hours before starting the nighttime collection avoids contamination of night time collection with urine formed during the day.

Night time container
Collect during the night

Write the time and date on **night time container** label as the Start time and date. Start time and date for night time container will be the **same** as Finish time and date for the daytime container.

Example:



Nighttime Container
John Doe
12345 6700
Start **11:00pm Jan 3**
Finish

A sample of a Nighttime Container label. It includes fields for Patient (First, Last), Healthcare Number or Date of Birth, Physician, and Requisition. It also has sections for Start Time & Date and Finish Time & Date. A warning at the bottom states: 'This container may contain acid necessary for some tests. Do not open directly into the sink or drain. Rinse thoroughly with water. Do not use for anything else. Keep the container away from children. KEEP OUT OF REACH OF CHILDREN.'

Next 8 hours

The **next** time you pee and **every** time you pee for the next **8 hours**

- Urinate (pee) into a clean, dry plastic container, for example a plastic cup.
- Pour **all** urine into **night time container** every time.
- Close the lid of the bottle tightly after each urine specimen is added.
- Please keep the bottle upright in a cool, dark place.



At the **end** of the collection



- Collect a last urine night time specimen **exactly 24 hours after the Start time** on the Daytime container.
Try to urinate (pee) even if you do not feel an urge. Completely empty your bladder.
- Write the time and date on **night time container** label as the Finish time and date.
- Make sure the label has **all** of the following:
 - Full first and last name
 - Healthcare number
 - Physician name
 - Start and Finish times and dates
- Please deliver both containers (daytime and night time) and the requisition to the laboratory today.

Night-time Container
John Doe
12345 6700
Dr. Jane Smith (ABC Clinic)
Start 11:00pm Jan 3
Finish **7:00am Jan 4**

