

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

Collect during the d

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:
 - o Full first and last name
 - o Healthcare number
 - o Physician name
 - Start and Finish times and dates

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

Day-time Container

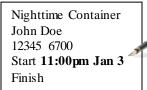
Lying down for two hours before starting the nighttime collection avoids contamination of night time collection with urine formed during the day.

Night time container Collect during the night

Example:



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.





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:
 - o Full first and last name

the laboratory today.

- o Healthcare number Start 11:00pm Jan 3 o Physician name Finish 7:00am Jan 4 Start and Finish times and dates

• Please deliver both containers (daytime and night time) and the requisition to

Night-time Container John Doe 12345 6700 Dr. Jane Smith (ABC Clinic)