

Specimen Collection Guidelines - Overnight Urine for Microalbumin

You will need a bottle to collect urine into. A suitable container may be obtained from the laboratory or you may use any clean bottle e.g. an empty two litre plastic milk bottle.

1. Empty your bladder into the toilet before going to bed and note the time. (This is the start time.) **DO NOT PUT THIS URINE INTO THE BOTTLE.**
2. Collect **ALL** the urine that is passed overnight including the first urine passed in the morning. Note the time when the morning urine is passed. (This is the finish time.) If all the urine will not fit into the bottle, put the remainder into any other clean bottle. It is important to collect **ALL** the urine. The total volume is very important.

Please write the start and finish time on the bottle, as well as your name, date of birth and the date.

3. Deliver the complete specimen, along with the request form to the laboratory on the same day. Refrigerate if there is any delay.

If you have any problems please contact Canterbury Health Laboratories:

Christchurch:	cnr Hagley Ave and Tuam St.	Ph 364 0300
Ashburton:	Ashburton Hospital, Elizabeth St.	Ph 307 8456