

 Eastern Health Laboratory Medicine	Section: Management System\EH Laboratories\Client Services\Collection Manual\Patient Instructions\	
	Title: Collecting Urine for Orthostatic Protein	Number: 10929
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Collecting Urine for Orthostatic Protein

Keep container refrigerated during the time you are collecting and until you bring it to the laboratory

Collection Container

Go to the nearest Blood Collection facility, staff will provide you with the proper collection containers (no preservative). You will require two containers, one for Daytime urine and one for Nighttime urine.

NOTE: You will need to collect all of your urine for a 24 hour period. Men may want to buy an inexpensive urinal for easy collection; women may buy an inexpensive urine hat, which fits over the toilet.

PROCEDURE

Daytime Collection

1. When you first get up, urinate (first morning void) and throw away this urine.
2. Record your start time immediately after you urinate (first morning void)
3. For the rest of the day (16-hours), collect all of the urine each time you go to the bathroom. Put this urine into the daytime urine jug. You can do your normal daily activities, but strenuous exercise should be avoided.
4. Store the urine in the fridge
5. In the evening, lay down two hours before you go to sleep (Hour 14). After these 2 hours, go to the bathroom for the last time and add this urine to the daytime jug (End Time) Laying down for two hours helps to avoid mixing urine made at night with urine made during the day. Daytime collection is now complete.
6. Record the Stop Time.

Nighttime Collection:

7. Record the start time (should be the same as the end time of daytime collection)
8. If you need to go to the bathroom during the night (8-hours), be sure to collect this urine and put it in the nighttime urine jug.

9. The next morning (approximately eight hours after going to sleep), collect the first morning urine and add this first-morning urine to the nighttime urine jug.
10. Record the stop time. Your urine collection is completed
11. Take the two jugs and requisition to the laboratory.
12. The laboratory will measure the urine protein from the daytime and from the nighttime to see if proteinuria is occurring all of the time or only during the day

Samples not labelled correctly and/or do not have a complete requisition will not be processed. To ensure correct test results, follow instruction carefully.