

12.6.2023

## **Sample collection for measuring albumine and kreatine ratio in urine (U-AlbKre, 4511)**

Reliable test result from the sample requires proper preparation, careful sample collection and correct storing of the sample.

### **Preparation**

Collect the first sample preferably from the first or second urine of the day. Avoid physical strain before sample collection.

### **Sampling kit (to be kept out of the reach of children)**

- Container with a needle under the protective tape of the cap for sampling tube
- Sampling tube with a vacuum. **Note!** Do not open the cap of the sampling tube!
- Label for personal data.

### **Collecting urine sample**

Wash your hands carefully. Unscrew the cap of the container. Place the cap upside down on a clean table while you collect the specimen. Do not touch the inner surface of the container or the cap. Wash your genitals with hand shower using only warm water. Dry with toilet paper.

#### Female:

Keep the labia ajar and urinate a little into the toilet at first. Take the container under the urine stream without interruption of urinating and fill 2/3 of the container with urine.

#### Male:

Pull back the foreskin and urinate a little into the toilet at first. Take the container under the urine stream without interruption of urinating and fill 2/3 of the container with urine.

### **Transfer of urine sample into the sample tube**

- Close the cap of the container tightly. Place the tube on a steady surface.
- Open the protective tape on the cap to expose the sampling needle.
- Press the collection tube cap-first on the sampling needle and keep it there until flow of urine into the tube stops.
- Remove the tube from the needle.
- Write your name, personal identity code and date and time of sample collection on the label. Stick the label lengthwise on the tube.
- Pour rest of the urine into the toilet and close the container top. Discard in mixed waste.

### **Storage and transportation of sample**

Keep the sample in a cold place and take it to the laboratory as soon as possible. The sample can be transported to the laboratory in room temperature.

Let the person collecting the sample know if you were not able to follow these instructions or if you were given other instructions.

You medical care physician or nurse will answer inquiries concerning testing and test results. The laboratory will answer questions related to sampling procedure.