

12.6.2023

Collection of night urine (cU-)

Examination, for which the collection is required: _____

Collection container

You can get the collection container from your medical care unit or you can pick it up from the nearest service point of Eastern Finland Laboratory Centre (ISLAB).

Storing

When a urine sample is stored, chemicals or bacteria quickly start multiplying in the sample, which may impact the test results. Therefore the tops of the collection containers must be screwed shut tightly and the collected sample **stored in cold environment (refrigerator temperature) throughout the sample collection process.**

Start of sample collection

Empty your bladder. Do not collect this sample.

Write down the time, which also marks initiation of the urine sample collection:

Date: _____ hour: _____ (10 minutes precision)

After that, **collect all night urine** into the collection container if you need to urinate during the night. Keep the collected urine in the fridge. The collection should last about 6 hours at the least.

End of sample collection

Collect the last urine sample when you get up in the morning (the collection ends here).

Write the time (termination time):

Date: _____ hour: _____ (10 minutes precision)

Write your name and personal identity code on the collection container and this form:

Name: _____

Personal identity code: _____

Keep the collection container in a cold place and take it to the laboratory as soon as possible after termination of the sample collection. The container can be taken to the laboratory in room temperature. Take this urine sample collection instruction to the laboratory together with the sample.

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.