

24-hour urine sample collection for measuring of aldosterone (dU-Aldos, 1033)

Preparation for testing

The health care physician gives you potential pre-test dietary instructions. In general, the diet should be normal. Intake of liquorice and sal ammoniac (salty liquorice) should be avoided for 3–5 days.

Several medications may have an impact on the test results. Your physician will tell you if you need to pause your medication:

- ☐ No pause in medication
- ☐ Medication to be paused as follows:

Storing

When a urine sample is stored, chemicals and bacteria quickly start multiplying in the sample, which may impact the test result. Aldosterone is particularly sensitive to heat. Therefore, the collection containers must be closed tightly, and **the collected sample be stored in cold place (refrigerator temperature) throughout the sample collection.**

Start of sample collection

Empty your bladder. Do not collect this sample.

Record the date and time, which also marks the beginning of the urine sample collection:

Date: _____ Time: _____

After that, collect all urine every time you urinate into the collection container. Keep the container in a cold place (refrigerator). If one container is not enough, continue collecting into another container.

End of sample collection

Collect the last urine sample exactly 24 hours from the time you started the collection. The collection ends here.

Write the time (termination time):

Date: _____ time: _____

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

Name: _____

Personal identity code: _____

Keep the container in a cold place and take it to the laboratory as soon as possible after collection. The collection container can be transported to the laboratory at room temperature. Take this sample collection form 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 kinds of instructions.

If you have any questions regarding the sample collection, please contact ISLAB's customer service by calling tel. 044 457 0740.

Your own doctor or nurse will answer any questions you may have about your tests and results.