

Collection of urine sample for testing of osmolality (U-Osmol, 2444)

Preparation

Fast overnight (10 hours). Do not eat or drink during fasting or before sample collection. If necessary, you may urinate normally during the night. Empty your bladder when you wake up in the morning (do not collect this urine). The actual sample is collected half an hour after emptying the bladder.

Sample collection equipment

- Sample container
- Sample tube

Open the sample container by unscrewing the lid. Do not touch the inner parts of the sample container or its lid. There is a sharp sampling needle under the protective tape in the sample container's lid.

Do not open the sample tube's cap.

Collecting urine sample

1. Wash your hands carefully.
2. Unscrew the sample container's lid and set it upside down on a clean table.
3. **Women:** spread your labia apart.
Men: pull back your foreskin.
4. Wash your intimate area using only warm water. Pat dry gently with toilet paper.
5. Collect urine into the sample container until it is about half full.

Transferring urine sample into test tube

1. Place the sample container on the table and close the lid carefully.
2. Remove the protective tape on the sample container's lid. Underneath the protective tape is a hole with a sampling needle.
3. Bring a sample tube cap first into the hole.
4. Press the sample tube down so that it starts to fill with urine. Hold the sample tube still until it is full.
5. Once the sample tube is full, release it by lifting it up.



Pour the rest of the urine into the toilet. Close the sample container's lid and dispose of it in the mixed waste.

Fill the required details on the last page and put the page in the same bag with the sample tube. Close the bag carefully so that it will not open accidentally.

Storing and transporting samples

Store the sample in the fridge and deliver it to the laboratory on the same day. You can transport the sample to the laboratory at room temperature.

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.

Sample details

Fill in this page and return it together with the samples.

Write your first name and surname:

Write your personal identity code:

Write your phone number:

Write the date and time of sample collection:

Write additional information if necessary: