

Contact us

CISSS Bas-Saint-Laurent
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Centre intégré
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du Bas-Saint-Laurent

Québec 

OVERNIGHT MICROALBUMINURIA

Clinical Department of Laboratory Medicine



OPTI-DE-024

We have prescribed you an overnight urine collection test, i.e., a test to be performed on the urine you produce over the course of one night.

Overnight urine collection is used to measure various parameters enabling your healthcare professional to assess how well your kidneys and body are functioning.

This brochure explains the steps to follow.

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Sampling instructions

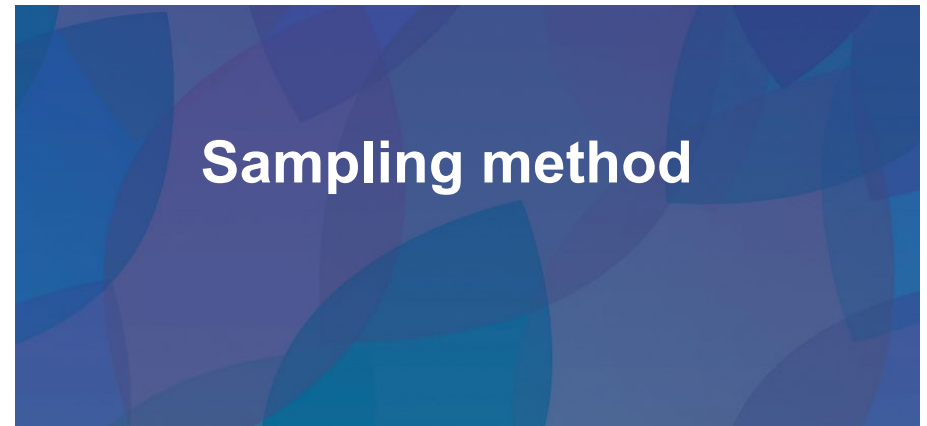
- Do not take samples during your menstrual period. Wait until all bleeding has stopped.
- Collect urine samples before bowel movements, if necessary.
- Keep the collection container refrigerated (4 °C) for the entire collection period.
- You must collect **ALL** urine (micturition) you produce overnight.
- If you inadvertently lose some or all your urine, you will have to start over again.
 - Discard the urine and rinse the container with warm water only. Do not use soap, as it may falsify the results.

STORAGE

- Be sure to close the container cap tightly.
- Keep your samples **refrigerated** (4 °C).

RETURN OF SAMPLES

- After taking the sample, return it to the place you were instructed to return it, i.e., the specimen collection centre at the hospital, the local point of service (LPS) or another location.
- Be sure to have your hospital card or health insurance card (RAMQ) on hand, as well as your prescription if necessary, along with the container(s).



STEPS TO FOLLOW

1. Before going to bed for the night, empty your bladder into the toilet. **DO NOT** keep this urine.
2. **Note the date and time:** _____
3. This is the start of the collection period, even though you are not collecting any urine in the container.
4. **All overnight urine** must be collected until you get up, including the first morning urine. Do this even if you do not feel like urinating.
5. **Note the date and time:** _____
6. The collection process is complete.

MATERIALS REQUIRED

Preservative-free, 24-hour urine collection container

