

**INSTRUCTIONS FOR SPOT URINE COLLECTION
FOR MICROALBUMINURIA/CREATINURIA
CALCULATION****AST_LAB_507 E_Ed01**Approvazione: Direttore SC
Laboratorio di Patologia Clinica

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Dear user,

for the correct performance of the required examination and for your own safety, we recommend that you strictly adhere to the following instructions.

WARNINGS

Start collection on the day you decide to deliver your urine to the collection centre.

CONTAINER

Use a 10 mL plastic cylindrical-bottomed test tube with a sealing cap (obtainable in the collection room or available from the pharmacy) or a urine test jar (available from the pharmacy).

INSTRUCTIONS FOR SAMPLE COLLECTION AT HOME

1. As soon as you get up, empty your bladder without collecting urine;
2. Approximately 2 hours after the first urine after waking up, proceed as follows:
 - Before collecting urine, wash the external genitalia with soap and water (do not use antiseptics), rinse and dry well;
 - Urinate by throwing away the first stream and collect the rest of the urine in the test tube (to make collection easier, you can first collect the urine in a disposable plastic cup and then pour it into the test tube or jar);
 - Close the container carefully;
 - Deliver the tube within two hours of collection to the collection centre.

INSTRUCTIONS FOR SAMPLE COLLECTION AT THE COLLECTION CENTRE

If you plan to collect urine at the collection centre, take care of your personal hygiene by washing at home. Afterwards, at the time of collection, wash your hands very well before urinating.