ALPHA-1 MICROGLOBULIN FROM OVERNIGHT URINE COLLECTION

The aim of measuring the amount of alpha-1 microglobulin from an overnight urine sample is to analyse the nature of potential kidney damage and monitor its development. Stress increases the excretion of albumin and induces incorrect results.

Preparation

Do not collect urine during your menstrual period. You can start collecting urine when two days have passed since the end of visible menstrual bleeding. If you have a sudden urinary tract infection, start the collection when a physician has cleared you recovered. Do not consume alcohol during the examination period. Only light exercise is recommended after 6 p.m.

Collection of urine

Empty your bladder before bed as usual. **This urine is not collected.** Write down **the collection start time to an accuracy of one minute**.

____/____20__at____:____

Starting from this time, collect the urine excreted during a night's sleep in a collecting container. The period of collection should last at least six hours.

The following morning, empty your bladder into a collecting container for the last time**when you get up**. Stop collecting urine at this point. Write down the time of the last urine batch**to an accuracy of one minute**.

____/____20__at____:_____

The name tag is necessary for identifying the sample

Stick a label on to the side of the collecting container. Write on it your

- name
- social security number
- start and end of collecting (dates and times to an accuracy of one minute)

Store in a cool place

Store the collecting containers in a cool place (+2ºC – +8ºC) during and after the collecting period. Samples will keep for up to one week in the refrigerator.

Deliver the collecting containers to the laboratory as soon as possible.

Further information

For more information, please contact the customer service of Fimlab Laboratoriot Oy, tel. 010 808 515 on weekdays from 7 a.m. to 4 p.m.