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|  <p>OSPEDALE<br/>SAN RAFFAELE</p> | <p>Servizio di Medicina di Laboratorio</p> | <p><b>AMBULATORI PRELIEVI ESTERNI</b></p> <p>Mod8E-rev5 del 10/10/2014<br/>Inglese</p> |
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## 24 HOURS URINE COLLECTION FOR Albumin Excretion Rate

It is important that these instructions are followed, otherwise the tests will have to be repeated.

1. You should use the toilet as normal during the day.
2. You should empty the bladder **in the toilet** before going to bed. Write the time and date one of the bottle where it says  
**'Collection started at \_\_: \_\_ on \_\_/\_\_/\_\_'**.
3. If you have to get up to pass urine during the night then you should collect this **into the bottle**.
4. In the morning, when you pass urine for the first time, you should do so **into the bottle**.
5. Close the bottle. Write the time and date on the bottle where it says  
**'Collection ended at \_\_: \_\_ on \_\_/\_\_/\_\_'**.

In case the test is to be carried out over **3 consecutive nights**. A different bottle should be used each night.

Repeat steps 1 to 5 with the next bottle on the following night until all three bottles have some urine in them.

Keep all the bottles in the refrigerator until you return them to the outpatients clinic.

La Direzione del  
Servizio di Medicina di Laboratorio  
Ospedale San Raffaele

