

# Overnight Timed Urine Collection for Albumin Excretion Rate

## Why am I Having This Test?

Your Doctor has requested this test to assess your kidney's ability to filter proteins and albumin (your most important blood protein) in particular. This collection is necessary as it allows us to measure your total kidney output of albumin. The results from this test will assist your doctor in making a diagnosis or in monitoring therapy.

## How do you collect the Urine Overnight?

If you were not given a container by your doctor or clinic, you can pick one up from our collection centres as listed overleaf. The container has specific instructions on the label. Please follow them closely.

## What do you do?

- Before going to bed go to the toilet and empty your bladder. **DO NOT COLLECT THIS SPECIMEN INTO THE CONTAINER.**
- Note the time (to the nearest minute) and date in the space on the container label marked '**START TIME**' (e.g. **11:30 PM on 12/04/2020**).
- The next time you empty your bladder collect **ALL** of this specimen and put into the bottle provided. If necessary urine may be first collected into any clean container (e.g. jug, ice-cream container) and then poured into bottle provided taking care not to spill any of the specimen.
- If you urinate overnight more than once, please collect **ALL** urine into the container provided. Continue the collection of urine sample until the duration of collection is **at least 8 hours minimum** - longer is fine.
- After the final collection, note the time (to the nearest minute) and date in the space on the container label marked '**FINISH TIME**' (e.g. **7:30 AM 13/04/2020**).
- Bring the container and request form to one of our collection centres listed overleaf, **as soon as possible**.

For further information, please contact one of the collection centres listed overleaf.

Phone 02 5124 2932 Fax 02 5124 2815  
actpathology@act.gov.au  
www.health.act.gov.au/services/act-pathology  
Gilmore Crescent Garran ACT 2605 PO Box 11 Woden ACT 2606



## ACT Pathology Collection Centres

- The Canberra Hospital - Ph 5124 2816  
Mon - Fri 7.30 - 5.30  
Saturday 8.30 - 12.15
- University of Canberra Hospital - Ph 5124 0230  
Mon - Fri 8.00 – 4.15
- Gungahlin Health Centre- Ph 5124 1135  
Mon - Fri 7.30 - 5.30  
Saturday 8.30 – 12.30
- Belconnen Health Centre - Ph 5124 1502  
Mon - Fri 8.00 - 5.00
- Tuggeranong Health Centre - Ph 5124 1352  
Mon - Fri 8.00 - 5.00  
Saturday 8:30-12:00

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