

URINE ALBUMIN AND CREATININE RATIO
U -AlbKre**Purpose of the test**

To detect the early stage of diabetic nephropathy.

Preparing for the test

Avoid physical exertion on the night before the sample collection.

Collecting the sample

The sample is collected from the first morning urine.

Hygiene – women: Wash your hands thoroughly. Douche with warm water without cleansers or disinfectants. During your period, using a tampon before collecting the sample is recommended. Separate the folds of skin around the urinary opening and wash using a bidet shower. Then dry with clean toilet paper with a front-to-back motion.

Hygiene – men: Wash your hands thoroughly. Wash the genital area with warm water without cleansers or disinfectants. Pull the foreskin back. Wash the urinary opening using a bidet shower. Then dry with clean toilet paper.

Open the sample container with a twisting motion. Expose the urinary opening (by separating the folds of skin / pulling the foreskin back) and then urinate. First urinate into the toilet bowl and then place the sample container under the urine stream. Do not interrupt the flow of urine. Let the remaining urine flow into the toilet bowl.

Transfer urine into the sample tubes in accordance with the instructions on the following page.

Instructions for the use of the **BD Vacutainer®** urine sample collection system

- **Tube with a beige cap (preservative free)**
- **Do not open the sample tube.**



Figure 1

Figure 1

- Open the empty sample container. Place the lid on a table/sink with the sticker side facing down.
- Collect the urine sample in the container in accordance with the instructions provided on the previous page.

Figure 2

- Close the sample container and place it on the table.
- Peel back the protective sticker on top of the lid.



Figure 2

Figure 3

Do not open the cap of the sample tube.

- Insert the cap of the sample tube on the sampling needle and push down completely until urine starts to flow.
- Keep the tube in place until the level of fluid inside the tube no longer rises.
- Remove the tube from the integrated transfer port.
- Replace the protective sticker on top of the lid.
- Write your name, personal identification code and the sample collection date and time on the sticker. Place the sticker on the side of the sample tube.



Figure 3

Disposal of single-use products:

- Exercise caution and dispose of the empty sample container in household waste.

Sample storage and transportation

Store the sample tube in the refrigerator. Do not allow the sample to freeze. Bring the sample tube to the laboratory as soon as possible after collecting the sample.

If you have a referral for treatment / request for examination from a physician, bring it with you.