

# URINE ALBUMIN TO CREATININE RATIO (U –AlbKre)

Avoid physical exercise for one day before the sample collection. Sample should not be collected during menstruation or urethritis. A suitable sample is the morning's first urine, which has been in the bladder for at least 6 hours.

## **Collection and handling of the urine sample:**

- 1) Wash your hands carefully. Take the sample container forth without touching the inside of the container. First pass some urine into the toilet, then fill about two-thirds of the sample container without interrupting the flow of urine. Pass the rest of the urine into the toilet.
- 2) Transfer min. 2 ml urine to the provided sample tube immediately after sample collection. Mix the urine thoroughly. You may discard the rest of the urine.
- 3) Write your name, social security number (or date of birth) and sample collection date on the sticker of the tube.
- 4) Deliver the sample tube to the laboratory during the same day.

## **Inquiries:**