


 <p>Fondazione IRCCS San Gerardo dei Tintori</p> <hr/> <p>Sistema Socio Sanitario</p>  <p>Regione Lombardia</p>	<p align="center"><b>INSTRUCTIONS FOR COLLECTING THE EXTEMPORARY URINE SAMPLE TO MEASURE URINARY ALBUMIN</b></p>	<p align="center">Rev. 0 Of 19/03/2024</p>	<p align="center">Page 1 of 1</p>
<p align="center"><b>LAG-AMB-FE-007</b></p>			

**Dear Sir / Madam**

Albumin is one of the main proteins in the blood, but in physiological conditions, when kidneys function well its absence in the urine is ensured. The urinary albumin test detects and measures the concentration of albumin in the urine. The presence of a small quantity of albumin in the urine is an early pointer to kidney damage.

Therefore, for a correct sample collection we advise you to abide by the under-mentioned directions:

<p><b>MATERIAL NEEDED FOR THE URINE COLLECTION:</b></p> <ul style="list-style-type: none"> <li>• We strongly advise you to use the container provided free of charge by staff at the sampling centre of the <b><u>IRCCS San Gerardo dei Tintori from 07:00 to 15:00</u></b> (Figure 1), alternatively, use a container for the urine that you can purchase at a pharmacy or over the counter pharmacy (Figure 2).</li> <li>• The container must not be washed or tampered with at all.</li> <li>• Do not use any other type of container that is not suitable.</li> </ul>	
<p><b>PREPARATION BY THE PATIENT:</b> It is advisable <b><u>not</u></b> to perform the test in the presence of:</p> <ul style="list-style-type: none"> <li>• Urinary infection</li> <li>• Blood in the urine (micro and macro haematuria)</li> <li>• Intense physical activity in the two days before the test</li> <li>• Episodes of fever and/or inflammatory condition underway</li> </ul>	<p><b>Figure 1:</b> Container delivered at the sampling centre of the <b><u>IRCCS San Gerardo dei Tintori</u></b>.</p>
<p><b>TO COLLECT THE SAMPLE, FOLLOW THE UNDER-MENTIONED INSTRUCTIONS:</b></p> <ul style="list-style-type: none"> <li>• Wash your hands thoroughly.</li> <li>• Wash the genitals with plenty of running water, without using antiseptic detergents.</li> <li>• Dry your genitals well with a clean towel.</li> <li>• Discard the first stream of urine and, without interrupting the urination, position the container to collect the second, intermediate stream, excluding the final one and thus discarding the last part of the urination.</li> <li>• We recommend you to collect an optimal quantity of urine of 10 ml.</li> <li>• Close the container without touching it inside.</li> </ul>	 <p><b>Figure 2:</b> Container suitable for urine collection (red/blue cap) that can be purchased at a Pharmacy or Over-the-Counter Pharmacy</p>
<p><b>DELIVERY TIME:</b></p> <ul style="list-style-type: none"> <li>• We recommend you to deliver the urine sample <b><u>between 7:00 and 9:30</u></b> to the Sampling Centre room set aside for the delivery of biological materials.</li> </ul>	
<p><b><u>References:</u></b></p> <ul style="list-style-type: none"> <li>- The European Federation of Clinical Chemistry and Laboratory Medicine (EFLM) Task, Finish Group (TFG) Urinalysis, Kouri, T. T., Hofmann, W., Falbo, R., Oyaert, M., Schubert, S., Berg Gertsen, J., Merens, A., &amp; Pestel-Caron, M. (2023). The updated topics of the EFLM European Urinalysis Guideline 2023. <i>Clinical Chemistry and Laboratory Medicine</i>, 61(S1), S1442-S1443.</li> <li>- <a href="https://www.labtestsonline.it">https://www.labtestsonline.it</a></li> </ul>	