

Instructions for Overnight Urine Collections

You have been given 3 large urine containers. Don't worry - you don't have to completely fill them!

What we want is to find out how much protein is being passed through your kidneys overnight. To do this, we need you to do the following:

1. Before you go to bed, empty your bladder as normal into the toilet. No urine goes into the bottle at this time. Write the time and date where it says "**Collection started at** __:__ on __/__/__" on one of the bottles.
2. If you get up to the toilet during the night, empty your bladder into this bottle.
3. When you wake, empty your bladder into the same bottle. Write the time and date where it says "**Collection ended at** __:__ on __/__/__". Close this bottle.
4. Repeat steps 1-3 over three consecutive nights using a new bottle each night.
5. Bring all three bottles back to the diabetes service.