

## ***Urine collection - for orthostatic proteinuria test***

Your doctor has found that you have some protein in your urine, and has requested this test to find out when and why this is so. You may prefer to stay at home on the day of the test.

### **Instructions**

1. Immediately before retiring to bed, empty your bladder normally down the toilet. Do not worry if you need to empty your bladder during the night before the test. The results will still be valid.
2. On waking, but before sitting up in bed, empty your bladder into the first container. Write the time and date on the container, and label it URINE ONE.
3. After two hours up and about, empty your bladder into the second container. Write the time and date on the container and label it URINE TWO.
4. Immediately lie down flat for two hours and then empty your bladder, without sitting up, into the third container. Write the time and date on the container and label it URINE THREE.
5. Finally, after two hours up and about, preferably with some vigorous exercise (e.g. Jogging, running up and down stairs, hoovering, lawnmowing etc.), empty your bladder into the fourth container. Write the time and date on the container and label it URINE FOUR.

Please ensure that all four containers have your name and date of birth on them and bring them to the Pathology Department as soon as possible. Opening hours are 9am to 5pm Monday to Friday.

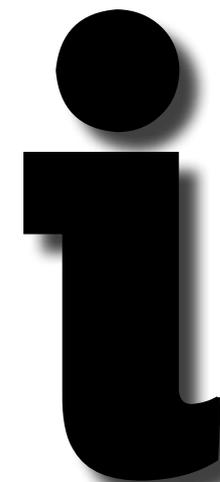
### **When will I know the results of the test?**

Your doctor will receive the results within 24 hours of the samples being received in the laboratory. If you have not already arranged to see the doctor that referred you for this test, you should make an appointment after this time.

### **Where can I get more information?**

If you have any queries or problems, please contact Dr O'Connell's secretary on 01722 429037 (office hours).

**Department of Laboratory Medicine**  
**01722 336262 ext 4047**



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.