

Year 9 Urine Collection

Urine will be collected on all CHS participants whenever possible. A 'first morning' specimen is preferable, but this may be understandably difficult depending on scheduling at the clinics. If a first morning collection is not available, collection will be considered a 'spot' urine collection. Urine should be collected prior to venipuncture. Samples should not be collected after exertion or an acute fluid load.

Female participants will use the Sage Commode Specimen & Measuring System #2500. Follow the instructions provided with this collection kit. Briefly, the "hat" will be placed on the toilet under the seat by the technician. The participant will be instructed to sit on the toilet as usual to urinate. After the participant has finished, the technician will transfer the urine into shipping containers as noted below.

Male participants may urinate directly into a disposable container used specifically for urine collection. The technician will transfer the urine into shipping tubes.

Key points for the participant:

- Wash hands before and after voiding
- Do not overfill the collection containers
- Men- apply the cap to the specimen containers.

The technical staff will pour approximately 40 mL urine from the collection containers into the mailing tubes (45 mL maximum). These samples should then be frozen as soon as possible. **BE CAREFUL NOT TO OVERFILL THE TUBES** as the liquid expands and may crack the tube.

At the CBAL, the urine samples will be thawed, centrifuged, and tested by dip-stick for blood, protein, glucose, and leukocytes. A small volume will be aliquoted for albumin testing (micro albuminuria). The remaining volume will be adjusted to a pH of 7.0, aliquoted into 10 mL volumes, and frozen for repository.

The following information is to be recorded on the Spot Urine form:

- Was a urine sample taken?
- Time the sample was taken;
- Time of last urination prior to the collection (ask _____ participant);
- Whether the urine was collected prior to or after consumption of the glucola, if it was taken.
- If not collected, reason.

There are no restrictions as to when the urine may be collected. While it is preferable to collect the sample prior to the glucola, it may be collected afterward also if the participant is unable to void at the beginning of the visit.