

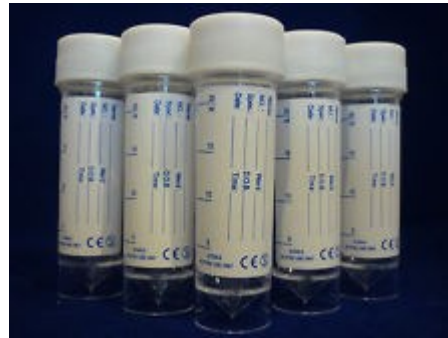
Small amounts of protein in urine (micro-albuminuria) may indicate an increased risk of developing diabetic complication. Fortunately this may occur up to 15 years before development of complications and early treatment may be given to prevent or reduce the severity of the complications.



As part of your continuing care we would like to assess if you have a small amount of protein in your urine. Because of the significant daily variation in urinary protein output we need you to collect a mid-stream early morning urine sample as described below. We would also ask that you refrain from vigorous sporting exercise and sexual intercourse for two days before you start to collect the urine sample.

If you are menstruating or have a urine infection (or thrush) you should wait until your bleeding has stopped or your infection has been successfully treated before starting the urine collection.

Please ask at reception for a white topped container if not already provided.



Collection procedure
FIRST SAMPLE IN THE
MORNING PLEASE

No vigorous sporting exercise of sexual intercourse

After rising from your night's sleep, collect a mid-stream urine sample as described below.

Pass some urine into the toilet

Pass some urine into the sample bottle or into a clean collecting vessel from transfer into the sample bottle.

Finish emptying your bladder into the toilet.

Write your name, date of birth, date and time of urine collection on the sample label

The Valkyrie Surgery
Valkyrie Primary Care Centre
50 Valkyrie Road
Westcliff on Sea
Essex

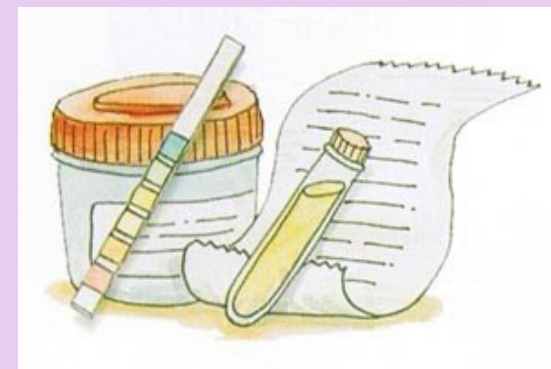
Tel 01702 221622
Fax 01702 221623



Store your sample in a plastic bag, in a refrigerator if possible.

The sample should be taken to the surgery along with the enclosed request form before midday, weekdays only.

Information Sheet Micro- albuminuria



The Valkyrie Surgery