

**Children's Hospital Medical Center  
Division of Nephrology and Hypertension**

**INSTRUCTIONS FOR URINE COLLECTIONS FOR "POSTURAL PROTEINURIA"**

Your child has been found to have protein in the urine. Sometimes this is a sign of serious kidney disease. Other times, however, this is a normal finding which seems to be related to body position. Protein in the urine caused by the upright position is called "postural proteinuria", and is not serious. In order to establish if the protein in your child's urine is caused by "postural proteinuria", we will be having you use the containers accompanying this sheet to collect urine in a very special way.

1. Check to be sure that the bag accompanying this instruction sheet has 6 screw top urine containers. Each of these should be labeled with your child's name, hospital number and birthdate. An additional label should be present, so that you can record the date and time each urine was collected.
2. On 3 separate days, please collect 2 urine samples, a first morning urine in one container, and a second urine specimen from late afternoon or early evening in another container.
3. Each time you collect one of these urines, write the date and time the urine was collected on the blank label which is already attached to the container.
4. It is particularly important that the morning urines be collected in a very specific way. On the night before obtaining this morning specimen, your child should empty his or her bladder by voiding in the toilet and immediately go to bed. Urine voided during the night should also be discarded in the toilet. The first morning urine should be collected immediately after he or she gets out of bed. The urine should not be collected after your child has been up walking around the house for a while, after breakfast, etc. It must be collected immediately on arising.
5. The containers should be about half-full. They may be stored in the plastic bag in your refrigerator until all 6 are filled.
6. When all 6 urine specimens are collected, bring them in the bag to the CHMC's Test Referral Center or the Children's Laboratories at Outpatient North or Outpatient East. Test Referral hours are:

CHMC:           Monday - Friday 7:30 a.m. – 7:30 p.m. or  
                      Saturday 8:00 a.m. – 1:30 p.m.

Outpatient North:   Monday – Friday 7:00 a.m. – 10:00 p.m.  
                          Saturday 8:00 a.m. – 7:00 p.m.  
                          Sunday Noon – 7:00 p.m.

Outpatient East:    Monday – Friday 7:30 a.m. – 7:15 p.m.  
                          Saturday 8:00 a.m. – 12:30 p.m.

**If there are any questions about the way in which the test should be performed, please call the nephrology office at 636-4531 to discuss your question with one of our doctors or nurses.**