

## How to use the overnight urine bottles

You have been given three urine bottles. These bottles are essential for further assessment of the way your child's kidneys are working.

It is important that these instructions are followed, otherwise the tests will have to be repeated.

The test is to be carried out over **3 consecutive nights**. A different bottle should be used each night.

1. Your child should use the toilet as normal during the day.
2. They should empty their bladder **in the toilet** before going to bed. Write the time and date that they do this on one of the bottles where it says '**Collection started at** \_\_: \_\_ **on** \_\_/\_\_/\_\_'.
3. If your child has to get up to pass urine during the night then they should collect this **in the bottle**.
4. In the morning, when they pass urine for the first time, they should do so **into the bottle**.
5. Close the bottle. Write the time and date on the bottle where it says '**Collection ended at** \_\_: \_\_ **on** \_\_/\_\_/\_\_'.
6. Repeat steps 1 to 5 with the next bottle on the following night until all three bottles have some urine in them.
7. Return the bottles to the Diabetes Service. We will contact you with the results when we have them.

If you have any questions about these instructions, please do not hesitate to call a member of the Diabetes Service on 0141 201 0331.