



Collecting a urine sample for C-Peptide / Creatinine ratio

This test is to check whether or not your body is naturally producing any insulin. Collect this sample any day Monday to Friday after breakfast or lunch.

Instructions

1. Take your insulin as you would normally (unless advised otherwise).
2. Empty your bladder into the toilet.
3. Eat your breakfast or lunch.
4. After this meal, do not eat or drink anything apart from water, until you have taken the urine sample. However, if you feel your blood sugar is low, you will need to treat this and do the test another day.
5. Approximately 2 hours after this meal, empty your bladder again and collect a sample of this urine as detailed below.
6. Do not take this sample while you are menstruating.

To collect your urine sample:

1. Pass your urine into the plastic pot and transfer to the white top specimen tube or yellow top urine monovette tube.
2. Write your full name, date of birth, hospital or NHS number and the time and date of collection on the tube.
3. Place the specimen tube and request form into the bag provided.

After you have collected your urine sample:

Please take the sample either to the Royal Berkshire Hospital Pathology Department (South Block level 2) or to your GP surgery, **as soon as it has been collected.**

If you need to contact us

Diabetes, Endocrine and Metabolism Department
Melrose House, Royal Berkshire NHS Foundation Trust, Reading RG1 5BS
Telephone 0118 322 7969

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

M Gray/A Briggs, RBFT Centre for Diabetes and Endocrinology, June 2025
Next review due: June 2027