

## Collecting a urine sample for C-Peptide/Creatinine ratio

This test is to check whether or not your body is naturally producing any insulin.

### Instructions:

1. Sample should be collected on the following days: Monday or Tuesday after breakfast or lunch. Wednesday after breakfast.
2. Take your insulin as you would normally.
3. Empty your bladder into the toilet, then eat your breakfast or lunch.
4. Do not eat or drink anything apart from water once you have eaten your breakfast or lunch, until the urine sample has been taken. 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 eating your breakfast or lunch, 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:

You will be supplied with 2 pots:

1. A plastic specimen pot.
2. A green tube (called a monovette).

Please pass your urine sample into the plastic specimen pot and then transfer to the green monovette as per the instruction leaflet.

The green monovette contains boric acid which is a preservative, do not discard this and please handle with care!

### After you have collected your urine sample:

As soon as the sample has been passed, please take it, along with the request form to the Royal Berkshire Hospital Pathology Department (South Block level 2) and hand directly to a member of staff, explaining that the sample is for the attention of the duty biochemist. This is very important as the sample is then sent away for testing.

Please check that your full name, date of birth and hospital or NHS number and the time and date of your collection are clearly written on the green monovette and the request form.

This document can be made available in other languages and formats upon request.