



Orthostatic proteinuria occurs in late childhood or adolescence. It is detected only in the standing position. Orthostatic proteinuria is benign and disappears by the end of adolescence.

TEST FOR ORTHOSTATIC PROTEINUREA

1. The child must empty his/her bladder just before going to bed. He/she cannot get up during the night as this will risk falsifying the test results. If the child does get up during the night, he/she must empty his/her bladder again.
2. In the morning, the child is woken up by his/her parents and immediately urinates in the special pot provided by the doctor or laboratory. This must be done first thing upon waking, before undertaking any other activity.
3. The reason for providing this first urine sample is so that the laboratory can analyze the urine produced overnight – in the lying position.
4. If the child has orthostatic proteinuria, analysis of the waking urine sample will be negative – because the urine provided upon waking will not have had time to be contaminated by urine produced while standing.

Bring the urine sample to your doctor or the laboratory for analysis. Make an appointment with your family doctor to get the results (be sure to inform your doctor if you are worried about the quality of the urine sample). The analysis of the urine will confirm the absence of infection, and the absence of proteinuria-albuminuria (a normal creatinine ratio). You can find useful documents on urine analysis by clicking the 'useful documents' ("documents utiles") section of www.nephrologue.be

Medical stamp

appointment