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Urine Sodium

Synonyms

Urine Na

Clinical Indication

- Investigation of hyponatraemia / SIADH
- Investigation of oliguria.
- Assessment of dietary sodium intake.

Part of Profile / See Also

Urine electrolytes

Request Form

Combined Pathology request form or ICE request

Availability / Frequency of Analysis

On request

Turnaround Time

Same day

Patient Preparation

Sample Requirements

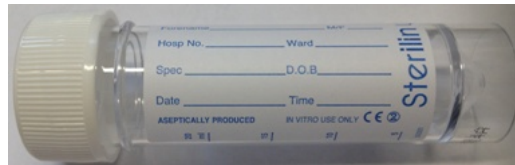
Specimen Type

Urine

Volume

2 mL

Container



White Capped Universal

Reference Range & Units

Urine sodium levels are variable, depending on sodium intake and clinical state. In health, urinary excretion should equal intake less losses from other sources e.g. the gut. Sodium excretion on an average diet is 40 to 220 mmol/24 hr; 'spot' urine sodium concentration can fall to zero (<10 mmol/L) in sodium depletion, if renal function is normal.

Interferences

Interpretation & Clinical

Decision Value (if applicable)

1. **Investigation of hyponatraemia:** In conjunction with clinical assessment of extracellular fluid volume status and urine osmolality, random urine sodium concentration may be used as an indirect index of aldosterone activity. Urine sodium <20 mmol/L implies ECF volume depletion, while a value of >30 mmol/L is seen with a normal or increased volume.
2. **Investigation of oliguria:** Random urine sodium <20 mmol/L indicates both appropriate secretion of aldosterone and renal response. Random urine sodium >30 mmol/L implies either insufficient aldosterone secretion or inability of the kidneys to respond to the hormone, as occurs in adrenal insufficiency and acute kidney injury.
3. **Assessment of dietary sodium intake:** In a steady state, urinary sodium excretion reflects dietary intake (less other losses, e.g. in sweat).

References

Association for Clinical Biochemistry and Laboratory Medicine - Analyte Monographs alongside the National Laboratory Medicine Catalogue (Sodium).

Test code

UUE

Lab Handling

Aliquot sample in to RT30 tube and centrifuge the aliquot before analysis.
Urine sodium is stable for 45 days at 2-25°C.
Sample stored at 4 °C.