

Department of Laboratory Medicine

24 Hour Urine Collections

This leaflet is intended for all patients who have been asked to collect a 24-hour urine sample at home by their clinician (Doctor/Nurse)

Please read the instructions carefully, make sure you are prepared, and follow each of the steps to ensure proper collection.

Materials Supplied

- Five litre container
- Green plastic carrier bag with pocket for request form.

Before you start your collection

If you expect to produce more than five litres in 24hrs, please ask for a second container. Other containers such as plastic milk bottles will not be suitable or accepted.

Continue with your medication, normal diet and fluid intake unless otherwise directed by your clinician.

Instructions

There may be a small amount of liquid in the container, **please do not discard or rinse out**. Note any warnings or instructions, which may be printed on the side of the container.

- It is essential that this procedure is followed very carefully.
- Test results are based in the total amount of tested substance excreted by your body over a 24 hour period.
- You should aim to collect every drop of your urine regardless of volume during the specified 24 hour period.
- If you have bowel movement, you must collect the urine separately.

Please do not pass urine directly into the container. Collect into a clean, dry, non-metallic object (such as a jug or bowl) and then pour into the container. It is most important that you collect the urine as follows:

1. Begin at the usual time that you wake.
2. At that time, pass your urine, flush it down the toilet and note the exact time. You will now have an empty bladder and an empty bottle. The collection of the urine will start from this time. **Please note both the date and time on the collection bottle label, where it says 'start date and time'**.
3. Collect every drop you pass during the day and night, for 24hrs, and finish the collection by passing urine exactly the same time the next morning, You should add this to the bottle.

4. Keep the sample container cool; closed and protected from light between each time you pass urine.

5. Record the date and time you pass the last specimen on collection bottle label, where it says' Finish date and time'

6. Check that the bottle label contains your full name, date of birth, clinic or GP surgery that requested the collection.

7. Please check that the cap is firmly screwed onto the container. Place the request form into pocket on carrier bag provided and sample container into carrier bag.

8. If more than one 24-hour collection has been asked for, start collecting urine into the next container immediately as from stage 3. Once again making note of Date and Time on container.

After completing you collection

- The complete collection can be delivered either by yourself direct to the Laboratory or take to your GP surgery who will place it on their next delivery to the laboratory. . Urine sample should be returned to lab as soon as possible.
- If keeping then over a couple of days store out of direct sunlight or heat source.
- Please return all unused container

Finding Laboratory

We are located at the Norfolk and Norwich University Hospital in the East Block, Level 1 and marked Pathology department. We are open 24hrs a day 7 days a week.

Results

These will be sent directly to either your consultant or GP

Enquires

Please contact the Laboratory on **01603 286946** (Monday-Friday)

Comments or suggestions

- Please contact Patient Advice and Liaison Service (PALS) on **01603 289036** (Monday-Friday)
- For more information on Laboratory please go to WWW.NNUH.NHS.UK

