

# Instructions for 24 Hour Urine Collection

## Pathology Patient Information

You have been asked to provide a 24 hour specimen of urine. Please read the instructions carefully, make sure that you are prepared and follow each of the steps to ensure proper collection. This is important because the test result may be based on the total amount of tested substance excreted by your body over the 24 hour period. Many people get their collection wrong despite the best of intentions and it is best to admit this and discard the sample rather than hand in a partial sample. An incomplete sample may give misleading results and will not provide the clinical information required to help you.

### Please follow the instructions below:

1. You have been given at least one bottle to collect urine samples over a 24-hour period. Collect the urine in the same bottle until it is full and then use another bottle if necessary.
2. Decide what time you want to start the collection. Most people start from early morning. The collection of urine will start from this time and continue for the next 24 hours. During this time collect ALL the urine you pass into the bottle(s) provided, **but include only one early morning sample**. On the day you start the collection, pass urine into the toilet and not into the bottle. The collection of urine will start from this time.
3. From now until the same time the following morning, any urine you pass must go into the collection bottle. The last time you pass water into the bottle should not vary by more than 5 to 10 minutes from the time of starting the collection e.g. if you started the collection at 8am, the time you pass the last urine specimen should be no later than 8.10 am the next day. This is the end of the collection
4. If, for any reason, you do not collect all samples of urine passed in the 24 hour period you must

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start the entire 24-hour collection process again. You should discard any urine already collected and start the 24 urine collection again the following day. You can use the same collection bottle after emptying it.

5. The collection is now complete and needs to be returned by 9am the same day. A blood sample may need to be taken when you return the urine collection, but it is not always necessary.
6. Please ensure that the bottles are labelled clearly with your name and date of birth in BLOCK CAPITALS.
7. Please also record the start and finish times and dates of the urine samples.
- 8. Please return samples to the Outpatients Department by 9.00am.**
9. If there is a leakage in transit, then on arrival to the hospital, let the member of staff know that the specimen has leaked. The member of staff will dispose of the specimen appropriately. Whilst this is very rare, leaking samples cannot be tested safely, so you will need to produce another sample.

## **10. Warning**

You may be given a bottle containing a preservative required for correct testing. This may be a very dilute acid. It is important to avoid contact with your skin or clothes as it may cause slight irritation. In the event that the preservative does come into contact with your skin or clothes, wash the affected area immediately with running water.

## **Patient Confidentiality**

In order to maintain patient confidentiality, The Pathology Laboratory cannot issue results directly to patients or to their relatives, either in person, by telephone or via email. Patients must obtain their results directly from their consultant.

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