

## After you have finished:

If you are keeping the collection over a couple of days, store out of direct sunlight and away from heat sources.

Please return all unused containers.

**Your complete 24-hour urine collection samples should be returned as soon as possible to one of the following:**

### GP Delivery

Urine can be delivered to your GP surgery who will place it on their next delivery to the laboratory.

### Norfolk and Norwich Hospital Delivery

The laboratory is located in the East Block, Level 1 and marked Pathology department. It is open 24 hours a day, 7 days a week.

### James Paget Hospital Delivery

The laboratory is located at the rear of the building, on the ground floor. It is open 24 hours a day, 7 days a week.

### Queen Elizabeth Delivery

Deliveries to Queen Elizabeth Hospital is possible. Follow signs to Pathology where there is a phone, follow instructions and someone will come and help you.

### Results

These will be sent directly to either your Consultant or GP.

### Enquires

Please contact the lab on 01603 286946.

### Comments or suggestions

Please contact Patient Advice and Liaison Service (PALS) on 01603 289036.

For more information on Laboratory services go to:

[www.easternpathologyalliance.nhs.uk/](http://www.easternpathologyalliance.nhs.uk/)

### Document control

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Q-Pulse Ref: EBS-SRP-001 App 5

Revision 3 Issued May 2024

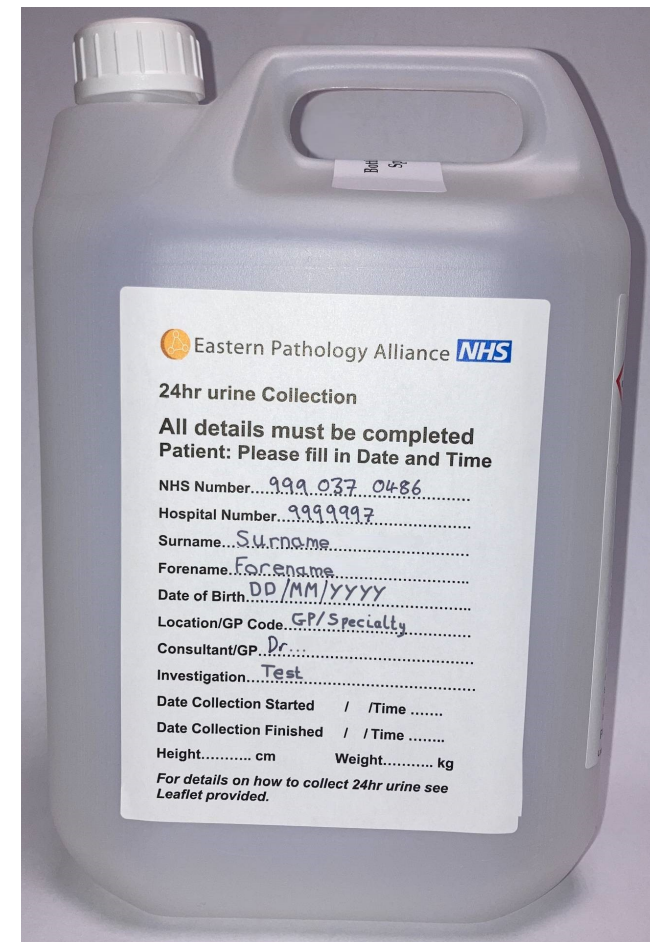
Trust Docs Document ID: 13517

Version 10 Issued December 2023



# Collecting your 24-hour urine sample

Information for patients, relatives, and carers



**For more information, please contact:**

**Specimen Reception at Norfolk & Norwich Hospital**

**Website:** [www.easternpathologyalliance.nhs.uk/](http://www.easternpathologyalliance.nhs.uk/) **Telephone:** 01603 286946



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

**You should aim to collect every drop of your urine during the specified 24-hour period.**

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
- White absorbent spill pad
- Green plastic carrier bag

You will also need your request form



#### Before you start:

If you expect to produce more than five litres in 24 hours, please ask for a second container.

Other containers, such as plastic milk bottles, are not suitable and will not be accepted.

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

**Q:** Can the collection be done during my period?

**A:** *No, it is best to wait until your period has finished. If your period starts during the collection, complete the collection and make a note of this on the form.*

**Q:** What if I have a bowel movement?

**A:** *If you have bowel movement, you must collect the urine separately.*



**Some tests require an acid preservative.**

**Do not empty this out of the bottle.**

**Be careful with the acid; if you spill any, wash immediately with plenty of water.**

## Instructions

**Please do not pass urine directly into the container.** Collect into a clean, dry, non-metallic receptacle (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.**
3. Collect every drop you pass during the day and night, for 24 hours, and finish the collection by passing the first urine at 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 the collection bottle label, where it says 'Date Collection Stated... Time...':**

**Date Collection Started     /     /Time .....**  
**Date Collection Finished     /     /Time .....**

6. Check that the bottle label contains your full name, date of birth, and clinic or GP surgery that requested your urine collection.
7. Please check that the cap is firmly screwed onto the container. **Place the request form into the pocket on the carrier bag provided** and place the sample container into the green carrier bag with the absorbent spill pad.
8. **If more than one 24-hour collection has been asked for,** start collecting urine into the next container immediately as from stage 3. Please record the new dates and times on the next container.