

After completing your collection

Urine samples should be returned to lab as soon as possible.

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

Please return all unused containers.

The complete collection can be delivered to one of the three EPA laboratories or to your GP surgery:

Norfolk and Norwich Hospital Delivery

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

GP Delivery

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

James Paget Hospital Delivery

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

Queen Elizabeth Delivery

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

Results

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

Enquires

Please contact the lab on 01603 286946.

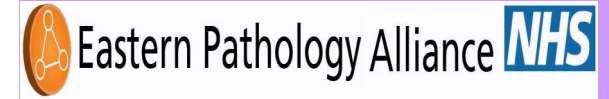
Comments or suggestions

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

For more information on Laboratory or Phlebotomy services please go to www.nnuh.nhs.uk



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**24 HOUR
URINE
COLLECTIONS**

**Department of Clinical
Biochemistry**



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.

White absorbent spill pad

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.

FAQ

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.

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 on the total amount of urine passed by your body over a 24 hour period.

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

It does not matter what the amount of the urine is, as long as it represents every drop that you passed.

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 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, where it states '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 bot-

tle.

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 'Finish date and time'.**
6. Check that the bottle label contains your full name, date of birth, 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 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 please record the date and time on the container.