Collecting your 24-hour Urine Sample

Information for patients, relatives, and carers

When you have finished

- ✓ **Store collection bottles out of direct sunlight**
- ✓ **Keep collection bottles away from heat sources**
- ✓ **Return all unused collection bottles**

Completed 24-hour urine collection bottles should be returned as soon as possible to one of the following:

- **Your GP surgery.**
- **Norfolk and Norwich Hospital laboratory** – 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 laboratory** – located at the rear of the building, on the ground floor. It is open 24-hours a day, 7 days a week.
- **Queen Elizabeth Hospital laboratory** – Follow signs to Pathology where there is a call bell - press and someone will come and help you.

Results

These will be sent directly to your Consultant or GP.

Enquiries

Please contact the lab:
01603 286946.

Comments or suggestions

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

For more information on Laboratory services go to:
www.easternpathologyalliance.nhs.uk/



Urine Collection Bottle

For more information, please contact:

Specimen Reception at Norfolk & Norwich Hospital

Website: **www.easternpathologyalliance.nhs.uk/**

Telephone: **01603 286946**

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Eastern Pathology Alliance NHS
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Introduction

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

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

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

Materials supplied

- Five-litre urine collection bottle
- Absorbent spill pad
- Green plastic carrier bag

You will also need the **sample request form**



Before you start

- ✓ If you expect to produce more than 5 litres in 24 hours, please ask for a second bottle
- ✓ Containers other than the bottle(s) provided will not be accepted
- ✓ Continue with your medication, normal diet, and fluid intake, unless otherwise directed by your clinician.

FAQs

Q: Can the collection be performed 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 a bowel movement, you must collect the urine separately.

Q: My doctor/GP stated that 24-hours of urine is to be provided. Why have I been given multiple collecting bottles?

A: Unless you have specifically requested an extra bottle for overflow, assume that each bottle and accompanying request form is for a separate 24-hour urine collection. For example, 4 bottles means 4 separate 24-hour collections.

Urine Collection

- ✓ **Do not pass urine directly into the collection bottle**
- ✓ **If your collection bottle contains acid, do not empty it out.**
- ✓ **Collect urine into a clean, dry, non-metallic container (e.g. a jug)**
- ✓ **Store collection bottles out of direct sunlight in between use**
- ✓ **Keep collection bottles away from heat sources in between use**

Instructions for Urine Collection

1. Upon waking, go to the toilet and pass urine. Do not collect this urine, flush it down the toilet. **Please note the time and date that you went to the toilet on your collection bottle label as the 'Date Collection Started'**
2. Collect **all the urine** every time you go to the toilet during the day and overnight
3. At the same time the following morning, go to the toilet and add your final morning urine into the collection bottle. **Please note the end time and date that you went to the toilet on your collection bottle label as the 'Date Collection Finished'**

After you are finished with the collection

1. **Check that the collection bottle is labelled** with your full name, date of birth, and the clinic or GP surgery that asked you to perform a urine collection
2. **Check that the cap is firmly screwed on** the collection bottle
3. **Place the request form into the pocket of the carrier bag provided** and place the urine collection bottle and spill pad into the carrier bag

For consecutive 24-hour urine collections

When the first collection finishes, record this as the start time on the next bottle. Do not add the final urine from the first collection to the second bottle. Collect all urine passed after this time and finish 24 hours later. The collections do not need to be on consecutive days, but each collection must cover a full 24-hour period.



This test may 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.