

Instructions for 24 hour urine collection

Your doctor has asked that you collect a 24 hour urine sample to be tested at the hospital laboratory. What it is being tested for depends on what question your doctor is asking, so discuss the reasons with them if you have any queries or concerns.

You must collect **all** the urine you produce in a single day into a special container which should have been given to you by your doctor or the hospital lab, along with this leaflet.

In order to get exactly a full day's collection it is important that you follow the instructions in this leaflet very carefully.

What you need to do and know before the test

Before you start the collection:

- ***Make sure*** your personal details are on the label of the sample container and that they are correct.
- ***Make sure*** that the details on the sample container are the same as those on the request form.
- ***If the label is blank***, please complete all the parts of your name and date of birth.
- ***If the label is only partially completed***, fill in any blanks you can.
- ***If the details are not correct***, see your doctor to obtain another sample bottle.
- ***Make sure to follow your normal diet***, eating and drinking what you normally do on the day of collection, ***unless your doctor tells you otherwise!***
- ***Don't drink any more than normal***. The test is to examine the urine you produce on a normal day.
- ***Avoid excess alcohol or caffeine*** intake over the collection period.

Some drugs can interfere with some of the tests that might be done on your sample. If you are taking any tablets or other medicines from your doctor or that you buy yourself (including things like vitamins), discuss this with your doctor.

Collect **all** of the urine you produce in a single day, no more and no less than that, otherwise your doctor might get the wrong answer to the question they are asking. This could lead to more tests than you would otherwise need to have.

Top Tip

The best way to collect urine is to first use a **clean** container of your own (a plastic jug is ideal), then empty this into your urine collection container. The container you use should be thoroughly washed before further use after you finish your collection.

- **Empty** your bladder in the morning into the toilet in the normal way (**DO NOT COLLECT THIS URINE!**)
- **Make** careful note of the time that you do this and write this and the date on the collection container.
- **After** this, every time you go to the toilet you should collect any urine you produce for the rest of the day and all evening until you go to bed.
- **If** you need to go to the toilet during the night, make sure you collect this urine as well.
- **Next** day, make sure you wake up in time to collect your last amount of urine at **EXACTLY** the same time that you initially emptied your bladder the previous day as you started the collection.

- **When** that time comes you should completely empty your bladder and add the contents to the container which will then mark the end of your 24 hour urine collection.
- **Write** both the date and time of this last collection on the label on the container.

After the collection

Check once again that your details are correct on the container and the form. If your details are incorrect, the sample may be rejected by the laboratory and you may have to repeat the collection.

Make sure the lid of the container is firmly closed. Return the container, along with the request form, to your doctor or to the laboratory, depending on what the doctor told you.

The sample may be rejected if the container leaks!

What happens to my sample?

- The 24 hour collection is sent to the laboratory to be analysed.
- The results will be sent to your doctor who will contact you to discuss them in due course.
- Depending on the type of test being done on your sample, it may be necessary to repeat the collection to confirm the result.

Any queries regarding the test, except for final results, please do not hesitate to contact the Department of Clinical Biochemistry at Pinderfields Hospital on: 0844 811 8110, ext 57000

Please contact your doctor for results.

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: **01924 542972** or email: **pals@midyorks.nhs.uk**

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Updated Dec 2017
Review Date 2020



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