



# Patient instructions for 24-Hour Urine Collection

## Preparation

- Before you begin the collection, you will be given a container or containers.
- Please ensure you have been given a bar-coded label with your details and the tests required. This label is to be stuck onto the bottle.  
If you have not been given a barcode label, but instead just have a request form, this form should be stuck to the container.
- Before returning the container to the hospital laboratory make sure that you fill in the details on the label on the container(s). These ***must*** include your full name (no nick names or shortened versions of the name should be used), date of birth and hospital number if available. **If your container is not labeled properly, you may be asked to repeat the 24-hour collection.**
- Keep your storage container refrigerated throughout the 24-hour collection period until you bring it back to the Hospital laboratory. If you do not have access to a refrigerator; your collection should be kept in a cool area.
- Some tests require containers with preservative - (**ACID**) which are hazardous. ***Make sure you understand the collection instructions on the container (printed on a special label on the reverse side of the bottle to the information label) and follow them accordingly.***  
If you are given a container with preservative (e.g. acid) this preservative is vital for your test. Do **NOT** throw out this preservative (i.e. do NOT empty the container).
- You may require a receptacle (e.g. an old jug) to collect urine into (this is essential if collecting into acid).
- Unless instructed by your doctor, do not drink more than you would normally.

## Procedure

### Day 1 on waking

- ❖ Start the 24-hour urine test by urinating directly into the toilet. Do ***not*** save this urine. The 24 hr collection begins now, write the **date** and **time** on your container.
- ❖ For the next 24 hours, collect all urine (no matter how small) in the container.  
***(Remember, if you do not collect all the urine passed in the 24 hr period your test may not give a true result; you may also have to repeat the collection from start)***
- ❖ You may need to use more than one container during the 24-hour period, use one container at a time. When the first container is full, collect your urine in the second container.

### Day 2 on waking

- ❖ Collect urine in container. ***This is the end of your test.***
- ❖ Write the date and time the test ended on your container
- ❖ Please bring the urine to the hospital's Laboratory Specimen Reception & Despatch as soon as possible (opening hours 8 a.m.to 5 p.m). To prevent leaks, make sure the lid is on tightly, and that the container is transported upright inside a plastic bag. If the weather is warm and you must travel a long distance, transport your urine container on ice or in a cooler.