



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.
- 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 and you may 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 Laboratory Dispatch as soon as possible. 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.