

## Renal Services

# 24 hour urine sample: Information for renal patients on how to collect a 24 hour urine sample

This information leaflet is intended for all patients who have been asked to collect a 24 hour urine sample at home by their renal consultant or renal nurse. Please read the instructions carefully, make sure you are prepared, and follow each of the steps to ensure proper collection.

**You will be given a 5 litre container to collect the urine sample.**

### Before you start your collection

If you expect to produce more than five litres of urine in the 24 hours, please ask for a second container. **Other containers, for example, fruit juice bottles, will not be suitable.**

You may drink fluid that is within your fluid allowance as you normally would during the 24-hour collection period.

Your dialysis nurse will be able to answer any other questions related to the collection process.

Plan your collection for a day off (when you are not having haemodialysis) or a weekend. If you plan to go out do take your collection bottle with you! This should be done on a day before dialysis so that the blood can be taken near to when the collection finishes.

Important decisions regarding your treatment may depend entirely on proper test results. It is very important that you make sure that your collections are complete. An incomplete collection can give misleading results.



### Instructions

Note any warnings or instructions which may be printed on the outside of the urine container. It is essential that this procedure is followed very carefully.

Test results are based on the total amount of tested substance excreted 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 volume of the urine is, as long as it represents every drop that you pass
- If you have a bowel movement, you must collect the urine separately
- If unable to do so you should abandon the collection and start again on another day, using a fresh container

While male patients can usually pass urine straight into the bottle, female patients can collect the urine first into a clean, dry, non-metallic object (such as a bowl or jug) and then pour into the container. (Female patients may find it useful to purchase a plastic funnel to pour the contents into the container).

It is most important that you collect the urine as instructed to ensure an accurate collection on which your renal consultant will base important decisions about your health and treatments.

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 urine will start from this time. **Please note both the date and time on the collection bottle label, where it says 'start date and time'.**
3. Collect every drop you pass during the day and night, for 24 hours, and finish the collection by passing urine at exactly the same time the next morning. You should add this final specimen to the bottle. The sample collection is now complete. **Please note both the date and time on the collection bottle label, where it says 'finish date and time'.**
4. Keep the sample container cool; closed and protected from light between each time you pass urine.

## Patient Information

5. Check that the bottle label contains your full name, date of birth and the date of collection.
6. Return the completed sample to the renal clinical area that requested the sample (Haemodialysis Unit/Ward 50/Peritoneal Dialysis).
7. Please check that the cap is firmly screwed onto the container.

### **After completing your collection**

Should you have to, you can store the bottle at a cool room temperature for a day or two. Ideally you should hand the sample to your dialysis nurse who will ensure the sample is sent to the correct department.

Most urine tests will be carried out within a few days, though some can take longer. As soon as we have the results they will be forwarded to your renal consultant.

Finally, many people get their collection wrong despite the best of intentions. It is better to admit this and discard an improperly collected sample rather than hand in a partial sample which would yield an inaccurate result. This would affect important decisions with regard to your treatment.

The 24 hour urine collection will be tested for creatinine clearance and may also involve a blood test too.

**For further information, or if you have any concerns, please contact the Dialysis Unit on 024 7696 7777 or Ward 50 on 024 7696 8259**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us on 024 7696 8262 and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email: [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### **Document History**

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