

## Pathology

# Instructions for the accurate collection of a 24 hour urine specimen

This information is for patients who have been asked to collect a 24 hour urine sample.

Please read the instructions carefully and follow each step to ensure proper collection.

You have been provided with a container; if you expect to produce more than two litres of urine in the 24 hours, please ask for a second container.

- Males may urinate directly into the container. For females we suggest using a clean and dry container such as a disposable plastic jug to collect the urine, and then carefully pour it into the laboratory container.
- Begin at your usual time of waking
- On rising in the morning the bladder is emptied. This urine is **not** saved. The time the bladder is emptied should be noted on the urine container (e.g. 8.00am).
- **All** urine that is passed after that time should be saved until the same time the following morning, **including** the first urine that you pass when you get up. Record the time you finish on the container.
- If you need to open your bowels, pass urine for the collection first to avoid any being lost.
- If you fill one container and need to use another one to complete the collection, this is fine as long as both are the containers from the laboratory, and that both are labelled as instructed.

**Please ensure that the container is correctly labelled with all relevant information:** Your full name, date of birth, name of the doctor who requested the collection, date and times of collection.

If at any time during the 24 hours, urine is passed and not saved, the collection has been spoilt and should be started all over again. Accurate collection of urine is



## Patient Information

essential otherwise the wrong conclusion may be drawn when analysed in the laboratory.

Sunday to Monday morning may be the most convenient time for making the collection when you can stay near to home.

**Please bring labelled specimen and form to the pathology or hospital blood-taking department (Monday to Friday 9.00am - 4.45pm). For extended opening times please contact your local Pathology Department.**

|                        |                       |
|------------------------|-----------------------|
| University Hospital    | 024 7696 5399         |
| St Cross Hospital      | 01788 663159          |
| George Eliot Hospital  | 024 7686 5174         |
| South Warwick Hospital | 01926 495321 ext 4201 |

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact your local laboratory (see phone numbers above) and we will do our best to meet your needs.

The Trust operates a smoke free policy

### Document History

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