

## Pathology

# Instructions for collecting a 24 hour urine sample

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 make sure the collection is accurate.

If you think you will pass more than 2 litres of urine in 24 hours, please ask for a second collection bottle.

## Instruction for collection

- Men may pee (urinate) directly into the bottle.
- Women are advised to collect urine in a clean, dry container (such as a disposable plastic jug) and then carefully pour it into the laboratory bottle.

## When to start

- Start the collection at your usual time of waking up.
- When you wake up on the first morning, pee into the toilet as normal - do not collect this first sample.
- Write the time you did this (e.g. 8.00am) on the urine bottle.
- From that point onwards, **collect all urine** passed over the next 24 hours.
- This includes the first urine you pass the next morning, at the same



## Patient Information

time you started the day before.

- Record the time you finish on the bottle.

## Important tips

- If you need to have a poo, try to pee for the collection first to avoid any urine being lost.
- If one bottle becomes full, use a second laboratory bottle.
- Make sure both bottles are clearly labelled as explained below.

## Labelling the bottle(s)

**Please make sure the bottle(s) are labelled clearly with the following information:**

- Your full name
- Your date of birth
- The name of the doctor who requested the test
- The date and start/end times of the urine collection.

## Missed samples

If you accidentally pee into the toilet instead of the bottle at any point, the collection is no longer valid.

You will need to start again with a new bottle (or bottles), which can be requested from the clinic or laboratory.

Accurate collection is very important.

## When to collect

Many people find it easiest to collect the sample over a weekend, when they are more likely to be at home.

## Patient Information

### Returning your sample

Once the collection is complete:

- Bring your labelled bottle(s) and the request form to your local Pathology department or hospital blood-taking department.
- Opening hours are Monday to Friday, 9.00am - 4.45pm.
- For extended opening times, please call your local Pathology department.

University Hospital	024 7696 5399
St Cross Hospital	01788 663159
George Eliot Hospital	024 768 65174
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.

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#### Document History

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