

Pathology

Instructions for the accurate collection of 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 proper collection.

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

- Males may pee 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 bottle.
- Start the collection at your usual time of waking up.
- On waking in the morning pee into the toilet as normal - this urine is **not** collected into the bottle. The time you go to the toilet after waking should be written on the urine bottle (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 wake up. Record the time you finish on the bottle.
- If you need to poo, try to pee for the collection first to avoid any urine being lost.
- If you fill one bottle and need to use another one to complete the collection, this is fine as long as both are the bottles are from the laboratory, and that both are labelled as instructed.



Patient Information

Please make sure that the bottle(s) is correctly labelled with the following 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, you pee into the toilet and the urine is not saved, the collection has been spoilt and should be started all over again. Please obtain a new collection bottle(s). Accurate collection of urine is essential otherwise the wrong conclusion may be drawn when tested in the laboratory.

Usually the weekend is the most convenient time for making the collection when you can stay near to home.

Please bring labelled bottle and form to the Pathology or hospital blood-taking department (Monday to Friday 9.00am - 4.45pm). For extended opening times please phone 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.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

Department:	Pathology
Contact:	25748
Updated:	November 2021
Review:	November 2024
Version:	5.1
Reference:	HIC/LFT/1154/10