

24h Urine Collection – Instructions for Patients

The accuracy of 24-hour urine results strongly depends on the quality of your sample collection. For this reason, it is very important that you follow these instructions carefully.

What sample container do I need?

A sample container is provided for a 24-hour urine collection. Some containers contain a preservative (strong liquid acid or powder), **do not discard this preservative**. The label on the container will tell you if there is a preservative and care should be taken not to spill or touch any as it could burn the skin, even when it is mixed with urine. In case of spillage or contact with preservative, make sure to rinse with plenty of water and inform your doctor if necessary.

When to collect the sample

It will be easier if you choose a day when you will be at home for a complete 24-hour period. If you have to go out, please take your bottle with you. On your chosen day begin at the usual time when you wake. The end of the collection will be 24 hours later.

Day 1 start of collection (e.g. 8am or after you wake)

The urine passed after getting up in the morning should NOT be collected, so empty your bladder completely and flush the urine down the toilet. From this point, you have an empty bladder, and you will start collecting urine for 24 hours. Write down the date and time of starting collection on the bottle. For the rest of the day and overnight collect ALL urine passed into this container. It might be easier to collect urine in a smaller clean container and pour it carefully into the container you are provided with.

Day 2 end of collection (e.g. 8am, 24 hours later)

After 24 hours (at the same time as the collection was started the previous day) empty your bladder completely and add this urine to the container. Complete the date and time. This completes the collection.

After the sample has been collected

Check the cap is screwed on firmly. Carefully fill in all details required on the container label including **your name, date of birth and hospital/NHS number (if you know it) plus the collection start and end dates and times**. Please note: any container received unlabelled cannot be accepted and you would have to repeat the collection. Please always keep the container in a cool place and bring it back as soon as possible after completion.

What to do with the collected sample

Check that all the details have been filled in clearly on the label. Deliver the container (and the request form if you were given one), as soon as possible direct to the laboratory, hospital or your GP.

A test request form must be handed in with the collection.

The laboratory addresses are:

King's College Hospital

Central Specimen Reception
Ground Floor Bessemer Wing
Denmark Hill
London
SE5 9RS

Princess Royal University Hospital

Pathology Specimen Reception
2nd Floor South Wing
Farnborough Common
Orpington, Kent
BR6 8ND

St Thomas' Hospital

5th Floor North Wing
London
SE1 7EH

Royal Brompton Hospital

Level 2, Sydney Street wing
Sydney Street, London
SW3 6NP

Guys' Hospital

4th Floor Southwark Wing
London
SE1 9RT

Harefield Hospital

Pathology block, Hill End Road
Harefield
UB9 6JH

All specimen receptions are open 24 hours a day, 7 days a week.

Keep the urine in a cool and dark place.

If during collection any urine is discarded accidentally, stop the collection and inform the lab. You will be provided with a new container.

If a **creatinine clearance** has been requested, a blood sample should either be taken at the end of the collection (in-patient) or when the collection is brought to specimen reception (out-patient).

If **5HIAA** is requested, foodstuff rich in serotonin should be avoided for a 48-hour period prior to the start and during the collection. This includes bananas, pineapple, tomato, plum, kiwi fruit, avocado, sweetcorn, broccoli, spinach, aubergine, and nuts. Cough medicine containing serotonin should also be avoided.