

# 24 Hour Urine Collection

## Patient Information Sheet

You will require a 24 hour chemically clean urine container available from the laboratory, collection centre or your doctor's surgery.

On the day collection is started, the first urine passed on arising in the morning should be discarded. **Note this time and date on label of container as "collection started"**. From that time **ALL** urine passed during the day and following night is collected, **INCLUDING** the first urine passed the next morning. **Note "collection finished" (date, time) on outside (label) of container.**

It is important that the **WHOLE** of the 24 hour urine samples be saved and **NONE** be discarded. As faecal matter will make the specimen unacceptable for collection you should urinate prior to a bowel movement.

A normal intake of fluids during the collection period is desirable.

The entire urine specimen should be refrigerated (in an upright position) during the collection, with each specimen added during the 24 hour period. You may find it more convenient to pass sample into a plastic jug, then pour into 24 hour urine container.

Your doctor will advise you on your medication regime during the collection period.

Please inform staff at laboratory of any medications you are taking prior to commencement of 24 hour urine collection.

On completion of collection, **ensure your full name, starting time, finishing time with dates and the requesting doctor name is on the outside (label) of container** before delivery to the laboratory, collection centre or doctor's surgery.