

## Patient information sheet: Collection of a 24 Hour Urine Specimen

### Introduction

Your doctor has asked that you collect a 24 hour urine specimen for testing in the laboratory. This leaflet is designed to help you with the collection process and ensure that the specimen you supply to the laboratory is suitable for testing.

### Collection

**A 24 hour urine sample consists of all the urine you pass during one day and the following night.**

- If there is already any liquid or solid in the bottle, do not throw this away. It is there to act as a preservative.
- The best way to collect urine is to pass it into a clean container before pouring it into the collection bottle. It is important to avoid skin contact with any preservative liquid which may already be in the bottle.
- When you rise in the morning (for example, at 8 a.m.), pass the **first specimen into the lavatory pan; it is not required**. Every specimen passed thereafter during the day and during the following night must be placed in the bottle.
- When you get up the next morning, empty your bladder at the same time as you started the collection the previous morning (e.g. 8 a.m.) – this urine should be added to the bottle and completes the collection. Store the bottle in a cool place and away from children.
- Please ensure that your **full name (surname and first name) and date of birth** are clearly written on the label stuck to the bottle. Urine samples received in the laboratory without **3 points of patient identification will be rejected**. **Write the date and time when you started and finished the collection on the label.**
- You can return the 24 hour urine bottle with the request form to your GP surgery or directly to the Pathology Laboratory. The laboratory can be accessed via the link bridge located on E level at The Queen Alexandra Hospital. Full address is detailed above.

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If you have any queries, please use the contact information at the top of the page. Alternatively call via the hospital switchboard (023 9228 6000) Ext 6348.

If you require this information sheet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.

For comments, compliments or complaints about the Trust and its publications, please contact the Patient Experience Service by email: [PALS@porthosp.nhs.uk](mailto:PALS@porthosp.nhs.uk) Tel: 0800 917 6039.