



Department of biochemistry

24 hour urine collection

Information and advice for patients

Please read this information and follow the instructions carefully. If the test result is inaccurate you may need to repeat the test.

What is a 24 hour urine collection?

It is a complete collection of all the urine produced in a 24 hour period. This involves collecting all the urine in a specially provided container. This may contain a preservative which is used for some tests to ensure that the substance does not degrade before it can be measured.

Why is a 24 hour urine collection needed?

Your doctor has asked you to collect all your urine over a 24 hour period. This may be to check the function of your kidneys and/or to measure other products in your urine. Urine contains many waste products and chemicals produced by the body. Measuring a particular chemical can sometimes help to monitor or identify a particular disease.

What do we look for?

The first step is to measure the volume of urine. This is an important piece of information which is needed to calculate the total output of the substance that is being investigated. The sample is tested in the laboratory and the results are calculated. The accuracy of the results depends on the quality of your sample, so it is very important to follow the instructions exactly.

What is the preparation for this test?

We will give you a special container in which to collect the urine. It may contain a preservative or acid and this must be left in the bottle and not thrown away. The label tells you if a preservative is in the bottle and you should take care not to spill or touch it as this could irritate your skin.

Choose a convenient time to start the urine collection such as when you get up in the morning, for example, 8am. The test will end 24 hours later.

Collecting the sample

Please follow these steps.

- Make sure the container has your name, date of birth and the date and time when you started the collection.
- Start the collection at a time that is convenient for you, and finish the collection at exactly the same time the following day.
- To begin, empty your bladder into the toilet. Do not save this urine, flush it away. We want to collect all the urine that your body makes during the 24 hours and not any that was made earlier. Write the starting time on the container.
- **From that time on, collect ALL urine passed during that day and night into the urine collection container provided by The Christie. Pour the urine into the collection container. At exactly the same time the next day, empty your bladder again and add that urine to the container. This is the finish time of the collection and you should write this time on the container.**

For example, at 8am on day 1, empty your bladder into the toilet. From then on, collect all urine you pass in the bottle provided until 8am the next day. At 8am on day 2, empty your bladder into the bottle to complete the collection.

- Keep the urine container in a cool place throughout the collection period and until it is delivered to the hospital.

After the sample has been collected

Make sure that the label on the container has your name, date of birth, date and time of collection (start and finish) and the ward or clinic you are attending (for example, Outpatients). Unfortunately, a urine container that is not labeled cannot be accepted.

Please return your **collection container** to the blood room (department 40) in outpatients as you may need a blood test.

Just eat and drink as normal (unless otherwise instructed). Do not cut down on what you usually drink. If for any reason you miss a collection of urine, tell the blood room staff when you return the container.