

Information for patients and carers

24-Hour Urine Collection



Introduction

This leaflet explains the procedure for collecting a 24-hour urine sample.

What do I need for this test?

You will be given a bottle for urine collection and a laboratory request form.

How do I collect 24-hour urine?

When you wake up on the day of collection (for example at 7a.m.) pass all urine down the toilet. Do not collect this urine.

Collect all the urine that you pass during the next 24 hours into the container. The following morning (for example at 7am) empty the bladder completely. This urine is also collected into the container.

Cap the container tightly. It is essential that the container is fully labelled. This should include your name, date of birth, and the date and times of the start and end of urine collection.

It is important that all the urine passed during the 24 hours is collected. If you do not collect all the urine the results will not be valid.

Store the bottle in a cool place during the collection.

What do I do with the urine sample?

Return the urine collection to the Pathology Laboratory at the Royal Preston Hospital (**01772 522607**) or Chorley & South Ribble Hospital (**01257 245255**).

Please return the sample on the morning that you complete the collection.

How will I get the result?

The result will be sent to the doctor who asked for you to be tested.

Contact details

Should you require further advice or information about the process of collecting a 24-hour urine sample, please contact the Clinical Biochemistry Department on **01772 522607** between 9am and 5pm.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/www.labtestsonline.org.uk>

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolve@LTHTR.nhs.uk

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