

Remember

- 1** If for any reason you miss or spill part of the collection, you will have to discard the whole collection and start again. Please contact the laboratory for a fresh container.
- 2** During the 24-hour collection period it is best if the container is stored away from direct heat, for example the radiator or a heater. Also, avoid direct sunlight. There is no need to specially cool the sample or put it in the fridge.
- 3** Ensure the bottle is kept upright at all times to prevent spillage and avoid any direct contact with the contents.

WHERE DO I BRING MY COMPLETED 24HOUR COLLECTIONS?

Please take the collection bottles to:
Biochemistry Specimen Reception
1st floor East
Royal Free Hospital

They are open 24 hours a day. Just go to the first floor, go past the Lyndhurst Rooms right to the end of the long corridor and you will find the hatch on the left. There should already be barcodes on the bottles - if so, no other forms are needed. Thank you.

Example

First day am

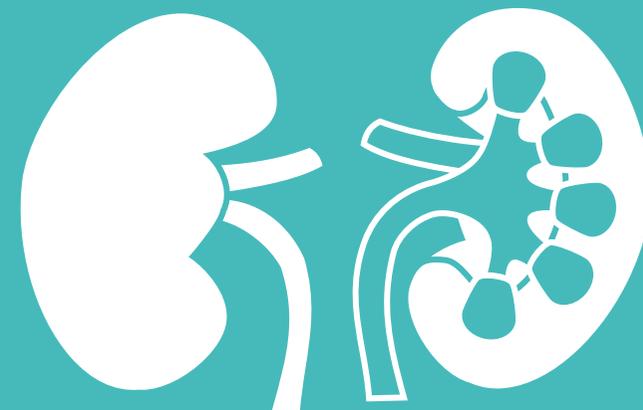
Empty bladder /discard sample. Collect all subsequent samples in the bottle given



Next day am

Empty bladder and collect this urine in the bottle.

Now the collection is complete please deliver to Clinical Biochemistry Laboratory on the First Floor



Instructions for 24 hour urine collection

INSTRUCTIONS TO COLLECT



Your doctor has requested a special test on a 24h urine collection. It is important that the instructions for collection of the urine sample are followed correctly so that the correct results are obtained. Failure to do so may lead to a wrong result and the whole procedure may have to be repeated. You can choose a day that is convenient for you to collect your sample into the container provided. Sunday may be convenient as you can take the collection to the laboratory on Monday morning. Friday and Saturday are not suitable as your urine will not keep until Monday when the laboratory is next open.

You will be given the following by your nurse or doctor:

- A container to collect the urine (you can choose either 2 bottles of 2.5l or 1 bottle of 5l)
- A plastic funnel or a plastic bowl to collect and transfer to the container supplied
- A plastic carrier bag
- A request card with your details (tests may have been ordered on computer and therefore the request card may not include the details of tests)

Before you start your collection if you expect to produce more than the number of containers given to you in the 24 hour period please ask for a second container. Other containers e.g. fruit juice water or milk bottles will not be suitable.

For some tests, there are dietary and drug and restrictions. If in doubt, check with your clinician before beginning the specimen collection. Before you stop taking any medications you must check with your clinician. You may drink as much fluid as you normally would during the 24-hour collection period. Your clinician should be able to answer any other questions related to the collection process.

Instructions

It is essential that the procedure is followed carefully.

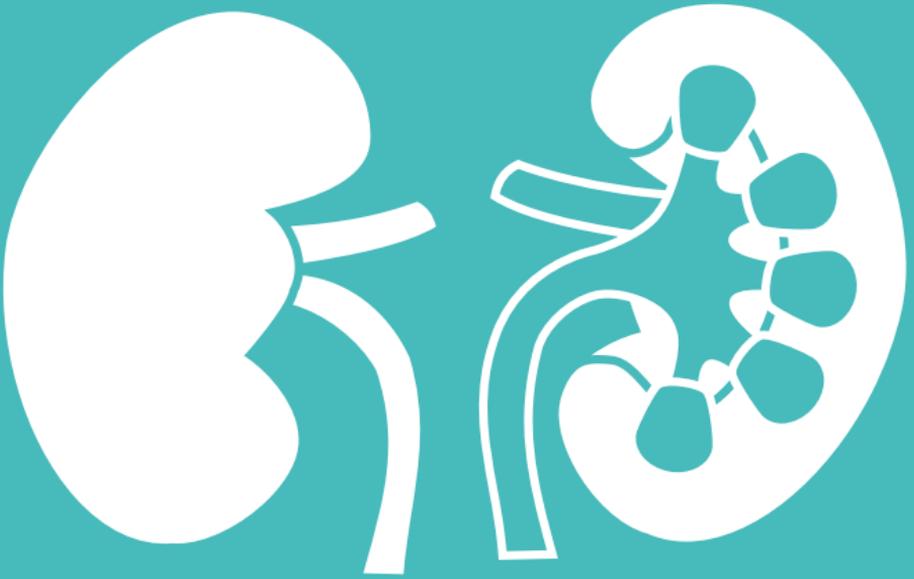
Test results are based on the total amount of urine excreted by your body over a 24-hour period.

Aim to collect every drop of urine during the specified 24-hour period It does not matter what volume of urine as long as it is representative of every drop

If you have bowel movement you must collect the urine passed during this time separately and transfer this into the bottle. If unable to do so you should abandon the collection and start on another day using a fresh container

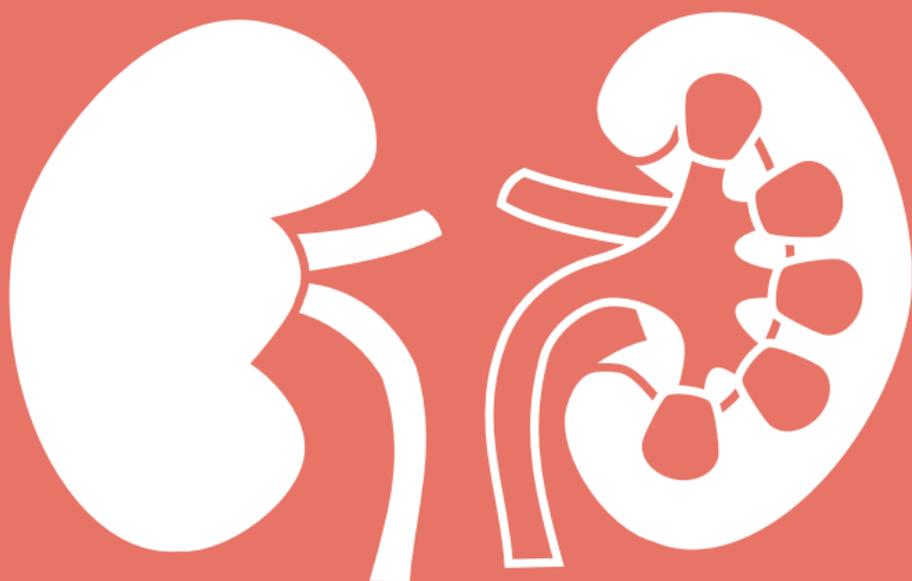
Please do not pass urine directly into the container. Use the funnel or the bowl provided to collect the urine and then pour into the container. The information your clinician gets from the sample is only as accurate as your collection procedure so it is important that you collect the urine as follows.

- 1 When you get up in the morning empty your bladder into the toilet as usual. Do not collect into the container. However make a note of this start time and write this on the label of the container as start time and date.
- 2 Start collecting from the second time and then continue until the same time the following day. All your urine must go into the container. Remember to collect any urine passed during the night.
- 3 Exactly 24 hours after the start time empty your bladder and add this to your collection. Write the finish date and time on the label.
- 4 Make sure your full name and date of birth are on the label on the container. This is essential to identify the urine sample as yours. If any information is missing it will be rejected.
- 5 Return the urine sample to the pathology reception as soon as possible and ideally on the day you finish your collection.
- 6 Ensure the lid is tightly screwed and there is no leakage or potential leakage during the transit of the urine sample. Any leakage will result in the collection being rejected and therefore the urine sample will have to be collected all over again.



24 hour urine in a bottle with a preservative for 5HIAA

INSTRUCTIONS TO COLLECT



24 hour urine for investigating kidney stones

INSTRUCTIONS TO COLLECT