

# 1 Patient Instructions

## 1.2 24 Hour Urine Collection Instructions

- 1 You must collect all of the urine produced by your body over a 24 hour period
- 2 On the day of collection, pass the first urine on waking as normal into the toilet, **DO NOT KEEP** this sample. Write the time and date you do this on the bottle – This is the start date and time.
- 3 From this point on and for the next 24 hours, you **MUST COLLECT ALL** of your urine in the container. If you pass urine during the night, this must also be collected.
- 4 The following morning collect your urine for a final time, exactly 24hours after the start time. You must produce this final collection, regardless of whether you feel the need to empty your bladder. Write the finish date and time on the bottle.
- 5 Label the collection bottle with your personal details including your full name, date of birth and NHS number if you have it. Also add the name and location of the doctor who requested the 24 hour urine collection. This will allow the laboratory to return your results to the correct location. Please note that if the collection bottle has already been pre-labelled with an electronic sticker containing this information, you do not need to add further personal details.
- 6 Store the collection bottle in a cool place until you can transport the finished collection to the laboratory or your GP surgery as you have been instructed.
- 7 Please ensure the cap is closed and tightened securely to prevent leakage in transit.
- 8 Please ensure that you also deliver any request card or form that you should have been provided together with your specimen.