



**University
Hospitals Sussex**
NHS Foundation Trust

FRONTIER
PATHOLOGY
NHS Partnership

24 Hour Urine Collections

Brighton and Sussex Pathology

Department of Clinical
Biochemistry and Immunology

**Please read all of this leaflet before starting
to collect your 24 hour urine sample.**

For further information and advice contact the laboratory:

Royal Sussex County Hospital: 01273 696955 Ext. 64664

Princess Royal Hospital: 01444 441881 Ext. 68203

Advice is available between 09:00 and 17:00 Monday to Friday.

Patient information

The doctor has asked for this test to help determine your treatment. If the sample is not collected correctly you may have to repeat the test. It is therefore very important that you follow these instructions carefully.

Before you start:

You will be provided with one special bottle for each 24 hour urine sample that the doctor has asked for. Do not store urine in any other containers, or use a mixture of bottles with and without acid for one 24h period, as it will not be suitable for testing.

Some tests require an acid preservative.

Do not empty this out of the bottle.

Be careful with the acid; if you spill any, wash immediately with plenty of water.

Each bottle holds 5 litres (9 pints). If you expect to produce more urine than that in the 24 hours of your collection, please ask for a second container.

If your request form includes 5HIAA (5-hydroxyindoleacetic acid) or metadrenalines (metanephrines or 'mets') you must avoid eating some types of food and/or tell us about any medications you are on, because they can affect the results. There is a separate leaflet that tells you what you need to do.

If your request form includes creatinine clearance as one of the tests you will need to arrange to have a blood test on the day you finish the sample, either with one of the Outpatient Phlebotomy clinics (for BSUH outpatients) or through your GP.

To collect the sample:

Choose a time of the day you wish to start the collection: when you get up in the morning will probably be most convenient. Find a clean container that you can use to transfer the urine into the bottle, such as a jug with a spout.

- 1 Empty your bladder completely discarding the urine into the toilet, not into the bottle. Write the exact time on the bottle label in the box 'Start time', and fill in the date.
- 2 After that, collect all the urine you pass during the next 24 hours and put it in the bottle.
- 3 The next day, at exactly the same time as the collection started, and whether you feel you need to or not, empty your bladder and put all of this urine in the bottle. Write this time in the box 'Finish time'. The collection is now complete.
- 4 Fill in the rest of the bottle label, most importantly your full name (no abbreviations), date of birth and/or hospital or NHS number.

If the doctor has asked you to collect more than one 24 hour sample, use separate bottles. Make sure that the times and dates are clear.

After you have finished:

Check that the lid is firmly screwed on to the bottle. Keep the sample in a cool place and bring it with the request form to the laboratory as soon as possible.

Samples can be taken to your GP if that is what they have asked you to do, or you can bring them to either of the laboratories on the following page:

Royal Sussex County Hospital, Eastern Road, Brighton:

The laboratory is on Level 6, beside the Tower Block at the Royal Sussex County Hospital, above A&E. Follow the signs for 'Frontier Pathology'.

Pathology Reception is open 08:00 to 19:00 Monday to Friday, 09:00 to 13:00 at weekends.

The Princess Royal Hospital, Lewes Road, Haywards Heath:

The laboratory is on the first floor in the main building, above A&E. From the main entrance follow the signs for 'Pathology'.

Pathology Reception at PRH is open 08:00 to 18:00 Monday to Friday, and 08:30 to 12:00 at weekends.

More information on how to get to our hospitals is available on the UHS website at www.uhsussex.nhs.uk

If you would like to know more about laboratory tests please visit LabTestsOnLine (labtestsonline.org.uk), a free resource created and updated by laboratory professionals for patients.

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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