

24 Hour Urine Collections

Brighton and Sussex Pathology

Department of Clinical Biochemistry & 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. 4148 or 4664
Princess Royal Hospital: 01444 441881 Ext. 8203
Advice is available between 09:00 and 17:00 Monday to Friday.

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-hydroxy indoleacetic acid)** you must avoid eating some types of food because they can affect the results. From 48 hours before you start collecting urine, and throughout the collection period, avoid eating: bananas, tomatoes, plums, nuts, avocados, pineapple, kiwi fruit and chocolate.

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'.
- 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 name and 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.

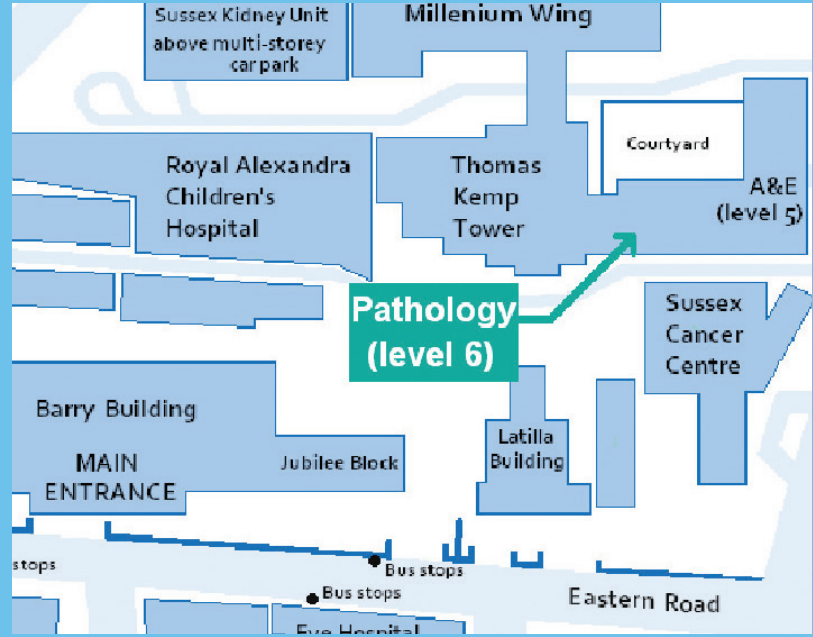
After you have finished:

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.

Royal Sussex County Hospital, Eastern Road, Brighton:

The laboratory is on Level 6, beside the Tower Block at the Royal Sussex County Hospital
- follow the signs for 'Brighton Pathology'.

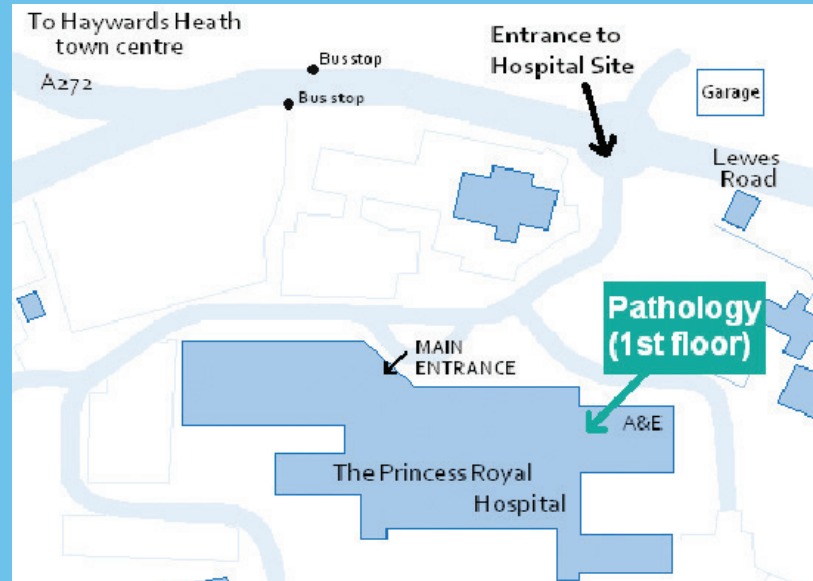
Open 08:00 to 19:00
Monday to Friday
and 09:00 and 13:00
on Saturdays.



The Princess Royal Hospital, Lewes Road, Haywards Heath:

The laboratory is on the first floor in the main building. From the main entrance follow the signs for 'Pathology'.

Open 08:00 to 18:00
Monday to Friday
and 09:00 to 13:00
on Saturdays.



If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如果你不明白本單張的內容，我們可安排口譯員服務。

如果你不明白本传单的内容，我们可安排口译员服务。

اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.



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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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