



24 Hour urine collections

Your doctor has asked you to collect a 24-hour urine sample for testing in the laboratory. A 24-hour urine collection test is safe non-invasive procedure where you collect the urine you pass for a 24 hour period.

You will carry out the test over two days, as you will be provided with two bottles. Please complete the Acid bottle for the first 24hours followed by the plain bottle for the next 24 hours.

Why would I need this procedure?

Urine consists of water and dissolved chemicals. If levels of some of these chemicals are high, this may increase your risk of forming stones.

What are the alternatives?

There is not an alternative Test.

Benefits

This test will provide your doctor with results to help determine a treatment plan.

Accuracy test

There are certain factors which may affect the accuracy of the test

- Not completing the information on the sample bottle label such as Date of birth, Name and Hospital Number
- Forgetting to collect some urine
- If you have a bowel motion, you must collect the urine separately, if you are unable to, you will need to abandon the test and start again using a fresh container
- Going over the 24 hour collection period
- Spilling urine from the specimen containers
- Not keeping urine cold during collection (refrigeration not needed)
- Females should avoid collecting during a menstrual period
- Using other containers (if you need additional bottle please ask)

Containers

You will be provided with plastic bottles one plain and one acid, the acid plastic container contains strong acid which preserves your sample Please **DO NOT** discard.

If you spill any, wash the area **immediately** with lots of cold water.

Keep out of reach of children.

If you spill any acid on your skin, or any body parts, wash immediately with plenty of water. Seek medical advice if in doubt.

Information for Patients

Instructions for collecting

You can drink as much fluids as you normally would and you can continue to take your regular medication.

You may find it easier to plan your collection on a day off or weekend, if you go out you must take the bottle with you as every drop of urine must be collected into the collection bottle.

Day 1 – Acid bottle Day 2 – Plain bottle

1. Once you wake up, pass urine and flush it down the toilet noting the exact time i.e. 08:00 hours
2. Please write the time and date on the bottle label
3. You will now collect every drop of urine for the next 24 hours, and complete the collection of urine at the exact time you started the next morning i.e 08:00 hours
4. Please write the date and time on the bottle label
5. Keep the sample container cool, closed and protected from light when not used.
6. Please repeat the steps again for the 2nd bottle
7. The specimen should now be returned as conveniently as possible to the hospital:

Urology outpatient's Area 2 reception 1b Monday to Friday 0900–1600hrs

Please check you have your name, date of birth, hospital number, date start and finish times are recorded on both the bottle label of the specimen containers, and you have the green form to accompany the bottles.

Department address and contact information:

Urology
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham, B15 2GW
Telephone: 0121 627 2000

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk.