

Collecting a 24 hour urine sample

Information and advice for patients

Clinical Biochemistry

What is a 24 hour urine sample?

A 24 hour urine sample is a collection of all the urine you pass over a period of 24 hours.

What are the benefits of a 24 hour urine sample?

The benefit of a 24 hours urine sample is that it can help your doctor to diagnose your condition or monitor treatment you are having. Because the urine we produce varies throughout the day and night, the differences are 'averaged out' by collecting all urine over 24 hours, so we can get a more reliable result than a single urine sample for some tests.

What are the risks of a 24 hour urine sample?

There are no risks to collecting a 24 hour urine sample but in a few cases the test may need to be repeated. This could be due to technical reasons, or because the results are not clear or the instructions have not been followed carefully.

Are there any alternative tests?

There are no alternative tests that will give your doctor the information they need to monitor your treatment or make a diagnosis.

What are the risks of declining a 24 hour urine sample?

If you do not wish to collect a 24 hour urine sample your doctor may not be able to make an accurate diagnosis or accurately monitor your treatment.

Before starting to collect your sample

Before you begin to collect your urine sample please check overleaf to see if your test has any special requirements. **Do not start your collection on a Friday or Saturday** as you will not be able to return the sample once the collection is complete.

You should have been given a large plastic container to collect your sample in. If you have not, please contact pathology on 0121 507 4221.

Collecting your sample

1. Begin the test when you get up in the morning.
2. Empty your bladder completely and dispose of this urine sample - do not put it into the bottle.
3. Note the time (e.g. 8am Monday) and collect ALL urine passed after this time for the next 24 hours. To do this pass urine into a separate clean container such as a plastic jug and then pour it into the container provided.

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4. Collect the last urine at the same time you started the collection on the following day (e.g. 8am Tuesday).
5. Screw the top on the bottle tightly. Please take extra care not to contaminate the outside of the container with urine.

After collecting your sample

When you have finished collecting your sample make sure that your name, date of birth and the date/time of the start and end of the collection are written on the container in BLOCK CAPITALS and the request form is attached to the container.

The container should then be taken as soon as possible to the Clinical Biochemistry Department at either City Hospital or Sandwell General Hospital as the sample must be fresh to give reliable results. If you have any problems taking your sample to one of these locations please take it to your GP surgery.

Your sample will then be tested in the clinical biochemistry laboratory, although some samples may be sent away to a more specialist laboratory.

Special requirements

Urine collection for 5HIAA or catecholamines

If you have been asked to collect a sample for 5HIAA or catecholamines, please do not have the following foods or medicines for the 48 hours before and the 24 hours that you are collecting the urine sample:

Food: Bananas, other fruit, coffee, chocolate, flavourings (especially vanilla)

Medicines: aspirin, monoamine oxidase inhibitors (e.g. phenelzine), phenothiazines, imipramine, labetalol, guanethidine, reserpine, levodopa, tetracycline or alpramethyl dopa

Urine collection for renal stone screen

If you have been asked to collect a sample for a renal stone screen, please do not eat the following foods for the 48 hours before and the 24 hours that you are collecting the urine sample:

Rhubarb, plain dark chocolate, vitamin C tablets or multivitamin tablets

Avoid large amounts of: soft fruits, particularly blackcurrants and redcurrants, Ribena or blackcurrant drinks, oranges or orange juice, sweetcorn, parsley, red and green peppers

How do I get the results of the test?

The results will be sent to the doctor who requested the test and they will discuss the results with you. Results can take up to 2 weeks from the time you hand in the sample.

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Checklist

- All urine collected over 24 hours
- Container had been tightly sealed
- Requested form is attached to the container
- Container has been clearly labelled
- Time and date of collection are recorded on container or request form

Further information

If you have any questions about collecting your sample please contact:

Clinical Biochemistry

0121 507 5162

Monday – Friday, 9am – 5.30pm

If you have not been given a plastic container to collect your sample in please contact:

Pathology

0121 507 4221

Monday – Friday, 9am – 5.30pm

Where to take your sample

You will need to take your sample to the clinical biochemistry department (within the pathology department) at either Sandwell or City Hospital.

City Hospital

Dudley Road

Birmingham

B18 7QH

From the front entrance to the main hospital walk to the end of the main corridor, out of the door to your right and Pathology is straight ahead across the walkway. The building is number 13 on the hospital map which can be found at various points around the hospital.

Sandwell General Hospital

Lyndon

West Bromwich

B71 4HJ

Follow the signs to Pathology in the main hospital building. You will find it next to the Imaging department.

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For more information about our hospitals and services please see our website:

Sandwell and West Birmingham Hospitals NHS Trust

www.swbh.nhs.uk

Sources used for the information in this leaflet

- All Wales Clinical Biochemistry Audit Group, 'Standards for the laboratory investigation of renal stone disease', February 2003
- Clinical Chemistry, 'Stability of urinary fractionated metanephrines and catecholamines during collection, shipment and storage of samples', February 2007
- Clinical Chemistry, 'Stability of catecholamines in urine', 1983
- Annals of Clinical Biochemistry, 'The measurement of 5-hydroxyindoleacetic acid in urine', 1994

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net



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