Black Country Pathology Services

Supporting: Dudley Group NHS Foundation Trust, Sandwell & West Birmingham NHS Trust, The Royal Wolverhampton Hospitals NHS Trust, Walsall Manor Hospital NHS Trust

24 hour Urine Collection

Department of Clinical Biochemistry

Patient Information Leaflet

Your doctor has requested that you collect your urine for a 24 hour period so that it can be tested in the laboratory to aid in the investigation of your symptoms.

Materials supplied

- A labelled large urine collection container
- Plastic carrier bag for transporting the container
- Collection information pamphlet

Before you start your collection:

If you expect to produce more urine than the capacity of the urine container that you have been given, then please request an extra container.

If your clinician has requested any of the following tests, please refer to the end of this leaflet for additional instructions:

5HIAA (5-hydroxyindole acetic acid)

Metanephrines/catecholamines

Renal Stone Screen

Some urine collections require collecting into a preservative. In this case, there will be a small volume of liquid/powder already in the container. Please **do not** discard or rinse out. Note any warnings or instructions, which may be printed on the outside of the urine container. If any bodily contact occurs, immediately wash with plenty of freely flowing water. If splashed in eyes, wash with water for at least 10 minutes and seek urgent medical advice.

Plan your collection. Samples must be received by the laboratory promptly after the collection is completed. Aim to finish your collection on a day that the laboratory is open – refer to section: 'After completing your urine collection' for opening hours.

For **female patients** if you have started your menstrual period, please wait until it has finished before starting this test.

Instructions

Always store the container safely out of reach of children.

You must:

✓ **Collect all the urine passed during the 24 hour collection period.** It is important that all urine be collected during the collection period. A loss of any specimen will invalidate the results of the analysis. Should you wish to open your bowels during the collection, please empty your bladder first to avoid any loss of urine. If unable to do so you should abandon the collection and start again on another day, using a fresh container.

✓ **Label the container clearly with your name and date and times of the urine collection.** Unlabelled or incomplete collections cannot be analysed by the laboratory and will be rejected.

X **Not pass urine directly into the container.** Collect the urine firstly into a clean, dry, non-metallic container (such as a plastic / glass bowl or jug) and then pour into the container carefully.

Collection your urine sample:

1) Begin at the usual time that you wake.

2) At that time, pass your urine, flush it down the toilet. You will now have an empty bladder and an empty bottle. The collection of urine will start from this time. **Record the time and date on the label on the container.**

3) **ALL** urine passed in the next 24 hours should be collected into the container. After each addition replace the cap and mix gently with the preservative in the container. Store the container in a cool place during the 24 hours. In between each time you pass urine, store the container with the cap on, in a cool place, and away from bright light.

4) Exactly at the end of the 24 hour period, empty the bladder and add this urine to the container. This completes the 24 hour collection. Record the completion time and date on the label on the container.

5) (If you have been asked to collect a further 24 hour sample, this will be the starting time of the next sample and all subsequent urine should be collected into a new bottle, again following the procedure given above.)

After completing your urine collection

Check that your first name and surname, your date of birth, and the collection start and finish dates/times are clearly written on the urine container.

Ensure that the lid is on tight and place the container in the bag provided along with the request form.

Samples should be taken to the laboratory as soon as possible after collection. If there is a delay in handing in the collection after completion, the bottle should be kept cool or refrigerated (not frozen).

You can drop your sample off at any of the following locations during the hours stated. Please pass to a member of the Pathology Reception Team:

- Pathology Department, Route 020, Walsall Manor Hospital (8am-7 pm, Monday-Friday)
- Pathology Reception, First Floor, West Wing, Russells Hall Hospital (9am-5.30pm Monday-Friday)
- Blood Sciences Department, C37, New Cross Hospital (8am-7pm, Monday-Friday)
- Pathology Reception, Sandwell General Hospital (9am-5pm, Monday-Friday)

If you cannot deliver to these locations, then you may be able to use transport services from your GP practice. Please contact them directly to check. Samples will have to be dropped off with them promptly after your collection has been completed.

Please return any unused collection containers with your completed collection.

Most urine tests will be carried out within a few days, although some can take a couple of weeks.

If you have been asked to collect a sample for metanephrines/catecholamines:

Certain medicines can affect the laboratory measurements of metanephrines. For this reason you **may** have been asked by your doctor to stop taking some of your medications before and during the collection. It is also important that you inform your doctor about the all prescription and over-the–counter medications you may be taking during / before the collection as otherwise your results may be misleading and lead to further avoidable tests.

Please **do not** stop taking your medication unless instructed to do so by your doctor.

It is advisable to avoid the following 48 hours prior to and during the collection period as they can increase your production of metanephrines/catecholamines:

- caffeine (eg. coffee, tea, and some energy drinks)
- nicotine products
- emotional / physical stresses (including vigorous exercise)

If you have been asked to collect a sample for 5HIAA (5-hydroxyindoleacetic acid):

Certain medicines and foodstuffs can interfere with the laboratory measurements of 5HIAA. For this reason you **may** have been asked by your doctor to stop taking some of your medications before and during the collection.

Please **do not** stop taking your medication unless instructed to do so by your doctor.

It is advisable to avoid the following for the 48 hours leading up to and during the collection period as they can affect your results:

Please avoid: walnuts, dark chocolate, banana, pineapple, tomato, avocado, aubergine, plums, or large amounts of other fruits, alcohol.

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

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

This information has been produced by:

Department of Clinical Biochemistry
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Serving: The Royal Wolverhampton NHS Trust, The Dudley Group NHS Foundation Trust, Sandwell and West Birmingham NHS Trust, Walsall Manor Hospital NHS Trust

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The Department of Clinical Biochemistry, Black Country Pathology Services

Contact us via the call centre on 0121 507 5162, or on 01902 307999 ext. 88266