

24 Hour Urine Collections

Your doctor has requested that you provide a 24 hour urine collection which means that all urine you pass in a 24 hour period must be collected.

The passing of various substances in urine varies throughout the day and night, so a long collection is necessary in order to provide accurate and meaningful results to your doctor.

Please read these instructions carefully before starting your collection.

Useful Contacts

Blood Sciences Department
Berkshire & Surrey Pathology Services

Frimley Park Hospital
Portsmouth Road, Frimley
GU16 7UJ

Royal Berkshire County Hospital
Craven Road, Reading
RG1 5AN

Royal Surrey County Hospital
Egerton Road, Guildford
GU2 7XX

St Peters Hospital
Guildford Road, Chertsey
KT16 0PZ

Wexham Park Hospital
Wexham, Slough
SL2 4HL

For enquiries, please call our helplines:

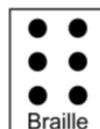
Surrey: 01276 604595

Berkshire: 0800 0327105

For support in accessing patient information,
or for a translation of this document, an
interpreter or a version in

large
print

or



or



please contact the
Patient Advice & Liaison Office on

01276 526706

Berkshire &
Surrey Pathology Services

NHS
Pathology

A joint venture between Ashford and St. Peter's Hospitals NHS Foundation Trust, Frimley Health NHS Foundation Trust, Royal Berkshire NHS Foundation Trust and Royal Surrey County Hospital NHS Foundation Trust. Legal entity host Frimley Health NHS Foundation Trust

Pathology Solutions

24 Hour Urine Collection



Beginning Your Collection

Your 24 hour urine collection

You have been provided with one 5 litre collection bottle.

We cannot accept samples which have been collected into any kind of alternative container (even water bottles). If you think that a single container per 24 hour will not be enough, please ask for an extra empty container when you pick up the container.

You may start the collection at any time of the day or night, so long as you finish the collection on the following day at the same time as you started the collection. The following instructions assume that you start the collection at 8am.



1. At 8am, **START THE CLOCK** then immediately empty your bladder completely into the toilet. This first urine is discarded to ensure that only the urine you produce in the next 24 hours is collected. This must be done whether or not you feel the need. This is the start time of your collection. Note this time and date on the bottle.

Completing Your Collection

2. All further urine passed throughout the day and night should be collected in the container provided (i.e. morning, afternoon, evening and in the night).
3. The following day at 8am (or whatever time you started the collection), empty your bladder completely, whether or not you feel the need, and add this specimen to the collection bottle.

This is the finish time of your collection. Please note this time and date on the bottle. The collection is now complete.

4. Make sure you write your name, date of birth, date and times of collection on the bottle label in the spaces provided.

Make sure you have the request form that your doctor gave you. Please keep it with your urine collection and hand in both the form and the urine collection for analysis.

5. Please drop off your collection as soon as possible once you have completed it, and ideally within 24 hours. Try to avoid exposing your collection to extreme temperatures (e.g. next to a radiator or in a hot car), and keep it out of direct sunlight.

Sending Your Collection To The Lab

If you have been instructed to return your collection to the GP surgery, please do so. Otherwise, you can drop your collection off at one of our laboratories.

Our opening times are:

Frimley Park Hospital

Monday – Friday 8am – 8pm
Saturday 9am – 5pm
Sunday 9am – 1pm

Heatherwood Hospital

Monday—Friday 8:30am—4pm

Royal Berkshire Hospital

Monday—Friday 7:30am—4:45pm

Royal Surrey County Hospital

Monday – Friday 8am – 5:30pm
Saturday – Sunday 8:30am – 12:30pm

St Peters Hospital

Monday – Friday 8am – 6pm
Saturday – Sunday 8am – 2pm

Wexham Park Hospital

Monday – Friday 7:30am – 4:30pm

If you would like to learn more about this test, or any other test that your doctor has ordered, you can visit LabTestOnline which is a free resource created and updated by laboratory professionals for patients:

<http://www.labtestsonline.org.uk/>