

Checklist

- Has all urine been collected into the collection bottle in the 24-hour period?
- Has the collection bottle been tightly sealed?
- If you have been given a test request form, has this been fully filled out and has this been attached to the bottle?
- Has the bottle been clearly labelled with your full name and date of birth?
- Have the start/end dates and times of the collection been recorded on the bottle or the test request form (if provided)?

Further information

If you require any further information, please contact your GP or the person who asked you to collect the sample.

Date issued: February 2024
For review: February 2026
Ref: C-563/PT/Pathology/24-Hour Urine Collections

Frequently Asked Questions

•What container should I use to collect my urine into before adding it to the collection bottle?

A clean, dry, plastic or glass bottle or jug can be used to pass urine into before it is added to the collection bottle. You can also pass urine directly into the collection bottle itself, such as using a clean and dry plastic funnel.

•Where should I store the bottle during the collection?

Store the collection bottle, with the lid on, in a cool, dry place that is protected from sunlight throughout the collection period and make sure it is safely out of reach of children.

•Does it matter how much urine I pass during the collection?

It does not matter how much urine you pass during the collection, as long as all urine passed within the 24-hour period is collected into the bottle.

•What should I do if I need more than one collection bottle?

Contact your GP surgery, or the person who asked you to make the collection. They will be able to provide you with a second collection bottle. If using a second bottle you **must** write your full name and date of birth on the label of this bottle as well as the first.

•What if I am on my menstrual period when I will be collecting my urine?

If you are going to be on your menstrual period while collecting your urine, it is best to wait until it has finished before you start your collection.

•What should I do if I have made a mistake on the label of the collection bottle?

If you make a mistake on the label, cross it out clearly and write the correction clearly.

•I would like to deliver the collection bottle directly to the laboratory, where is this located within Derriford Hospital?

Derriford Combined Laboratory can be found from the main hospital entrance on level 6 by following signs to the lifts and stairs of Zone A, then turning left: the laboratory is at the end of this corridor. The collection bottle can then be left with a member of Specimen Reception.

Instructions for 24-Hour Urine Collections

Derriford Combined Laboratory University
Hospitals Plymouth NHS Trust
Derriford Road
Plymouth
PL6 8DH
Tel: 01752 202082
www.plymouthhospitals.nhs.uk



Please read these instructions carefully in full before starting your urine collection.

About the test

A 24-hour urine sample is a collection of all the urine that you pass in a 24-hour period. The sample can help your doctor to diagnose a medical condition or monitor treatments for existing medical conditions. Collecting urine over a 24-hour period can be more reliable than collecting a random or early morning urine sample.

There are no risks with collecting a 24-hour urine sample. The test may need to be repeated if the instructions for collection have not been followed properly.

Before collecting your sample

A large collection bottle is provided for your 24-hour urine collection. The bottle must be kept upright throughout the collection. If you have not received the bottle, please contact your GP or the person who asked you to collect the sample.

Special Requirements

If you have been asked to collect your urine for a test called Metanephrines, or 5-HIAA, there are certain foods that you will need to avoid before and during the test. If you are not sure what test your urine is being collected for, please contact your GP surgery or the person who asked you to collect your sample.

If you are collecting your urine to test for Metanephrines, **caffeine** and **chocolate** should be avoided **3-4 days before and during collection** of your urine sample.

If you are collecting your urine to test for 5-HIAA, **avocados, bananas, tomatoes, plums, walnuts, pineapples** and **eggplants (aubergines)** should be avoided **3-4 days before and during collection** of your urine sample.

When to collect your sample

It is best to select a day when you will be at home for the whole 24-hour period for your collection, or you will have to take your bottle with you if you go out. If you are going to collect your sample over a weekend, start the collection on a Sunday so you can return the bottle on Monday.

How to collect your sample

At the start of the collection

When you get up in the morning, pass your urine and flush it down the toilet. This is when the test starts, please write this date and time on the label on the collection bottle.

All urine should now be collected into the collection bottle for the next 24 hours. You may find it easier to collect the urine into a clean, dry, plastic or glass bottle/jug and then add this to the 24-hour urine collection bottle. Screw the lid back onto the bottle in between urine collections.



At the end of the collection

The next day, when you get up for your first morning urine, **empty your bladder completely and add the urine to the collection bottle.** This is where the test ends and it is important that you **do not collect any more urine** into the collection bottle after this point.

Please write the date and time the collection ended on the bottle.

If any urine is accidentally discarded or spilled during the collection, including during bowel movements, the test will have to be repeated. If this happens, please inform the person that requested for you to have the test. The test will need to be started again on a different day with a new collection bottle.

What to do after collecting your sample

Seal the collection bottle by screwing the cap on tightly. Before returning your bottle, please confirm that you have completed each point from the checklist below. It is important that all details are filled in correctly on the label, as unlabelled collection bottles cannot be accepted for testing by the laboratory and you will have to repeat the urine collection if information is missing. The collection bottle must be kept upright in a cool, dry place and protected from sunlight before it is returned.

The collection bottle should be returned within 24 hours to either your GP surgery, or directly to the laboratory: Specimen Reception, Derriford Combined Laboratory, Level 6 Derriford Hospital, Derriford Road, Plymouth, PL6 8DH. The bottle **cannot** be posted. It is important to deliver the sample within this timeframe to prevent delays or any problems with testing it.