

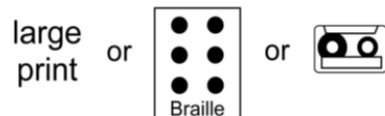
## Useful Contact Numbers

Blood Sciences Department  
Berkshire & Surrey  
Pathology Services

For enquiries please contact  
our Results Line:  
Surrey: 0300 613 4117  
Berkshire: 0800 032 7105

If you would like to learn  
more about this test, or any  
other test that your doctor  
has ordered, you can visit  
LabTestsOnLine which is a  
free resource created and  
updated by laboratory  
professionals for patients:  
[www.labtestsonline.org.uk/](http://www.labtestsonline.org.uk/)

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



please contact the  
Patient Advice & Liaison Office on

 01276 526706

Frimley Park Hospital  
Portsmouth Road  
Frimley  
GU16 7UJ

Royal Berkshire 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

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

## Three Day Urine Collection



## Three Day Urine Collection

Your doctor has requested that you provide a 3 day urine collection which means that all urine you pass in a 3 day period must be collected.

The passing of various substances in urine varies throughout the day and night, as well as from day to day, 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.

You have been provided with three 5 litre collection bottles. 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 extra empty containers when you pick up the containers.

**You may start the collection at any time of the day or night**, so long as you finish the collection three days later at the same time as you started the collection. The following instructions assume that you start the collection at 7am.

## Sending Your Collection To The Lab

If you have been instructed to return your collections and request forms to the GP surgery, please do so.

Otherwise, you can drop your collections and request forms off at one of our laboratories.

Our opening times are:

### Frimley Park Hospital

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

### Royal Berkshire Hospital

Monday—Friday	7.30am—4.45pm
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### 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 – 6:45pm
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## Completing Your Collection

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

If you don't complete the labels on the bottles, we will not be sure who the collection belongs to and we may not be able to test your collection.

Make sure you have the request form that your doctor gave you. Keep it with your collection and hand it in with your collection when you return it for analysis.

Please drop off your collection as soon as possible once you have completed it, and ideally within 24 hours. It is okay to bring in all three collections together after you finish them, or you can bring them in one at a time if it is more convenient.

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.

## Day One

At 7am, empty your bladder completely into the toilet - do NOT collect this first urine. 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 marked "Day 1".

All further urine passed throughout the day and night should be collected in the container provided (ie morning, afternoon, evening and in the night).

If you fill the first bottle, use a second one, ensuring that it is also marked "Day 1".

The following day at 7am (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 marked "Day 1".

This is the finish time of your first collection.

**Note this time and date on the bottle.**

## Day Two

Note the time and date on the collection bottle marked “day 2”. Collect all the urine that you pass on the second day into this collection bottle.

At 7am on the following day (the third day), empty your bladder completely, whether or not you feel the need, and add this specimen to the collection bottle marked “Day 2”.

If you fill the first bottle, use a second one, ensuring that it is also marked “Day 2”.

This is the finish time of your second collection.

**Note this time and date on the bottle.**

## Day Three

Note the time and date on the collection bottle marked “day 3”. Collect all the urine that you pass on the third day into this collection bottle.

At 7am on the following day (the fourth day), empty your bladder completely, whether or not you feel the need, and add this specimen to the collection bottle marked “Day 3”.

If you fill the first bottle, use a second one, ensuring that it is also marked “Day 3”.

This is the finish time of your third and final collection.

**Note this time and date on the bottle.**