

## Useful Contact Numbers

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:

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

For enquiries please contact our Help Line:

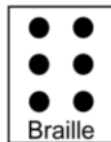
Surrey: 0300 613 4117

Berkshire: 0800 0327 105

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

## 24 Hour Urine Collection



## Introduction

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.

## Our Laboratories

Blood Sciences Department  
Surrey Pathology Services

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

## After Your Collection

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

## Beginning Your 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.

## Performing Your Collection



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.
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.

## 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.

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.

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.

The results of your test may take several weeks to be ready; this is because the testing procedure is complicated, and does not mean that there is a problem with your sample.