

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:
0333 939 0062
fhft.bspshelpline@nhs.net

For a translation of this leaflet or for accessing this information in another format:

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Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park &

Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net



Translation



Audio



Braille

Frimley Park Hospital

Portsmouth Road,
Frimley,
Surrey, GU16 7UJ

Heatherwood Hospital

Brook Avenue,
Ascot,
Berkshire, SL5 7GB

Wexham Park Hospital

Wexham Street,
Slough,
Berkshire, SL2 4HL

Hospital switchboard: 0300 614 5000

Website: www.fhft.nhs.uk



**Berkshire and Surrey
Pathology Services**

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
Berkshire and Surrey Pathology Services

East Surrey Hospital
Canada Avenue,
Redhill
RH1 5RH

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 Street
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 – 2pm

Heatherwood Hospital

Monday – Friday	8:30am – 4pm
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Royal Berkshire Hospital

Monday – Friday	8am – 5.30pm
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Royal Surrey County Hospital

Monday – Friday	8am – 7pm
Saturday – Sunday	9am – 4:30pm

St Peters Hospital

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

Wexham Park Hospital

Monday – Friday	7:45am – 8pm
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East Surrey Hospital

Monday – Friday	8am – 8pm
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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.