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| **24 hour urine collection** |

**24 hour urine collection**

It is important that an accurate collection is made of all the urine you pass in a 24-hour period.

Please ensure the label on the container has your full name, date of birth and hospital number or NHS number (if you know it). Please note your sample will not be tested unless this information is completed.

Do not empty out any liquid that may already be in the urine container. Some containers have a strong acid added to act as a preservative for certain tests. These urine containers will be clearly marked with a warning label – please read the warning label carefully.

You may find it more convenient to pass urine into a small clean container and transfer the urine into the larger collection container.

Please ensure that the urine is kept in a cool place at all times during the collection period.

Store in a safe place away from children.

**Procedure**

1. When you get up on the first morning of the collection, empty your bladder completely into the lavatory. Do not collect this sample.
2. The next time you need to pass urine, write the exact date and time on the large urine container label under the heading ‘COLLECTION START’.
3. Collect all the urine you pass after this time into the large urine container provided. All urine passed during the 24-hour period (day and night) must be saved. Urine passed during bowel movements must also be collected.
4. When you get up on the second morning empty your bladder again and add this sample to the collection container. Write the exact date and time on the urine container label under the heading ‘COLLECTION FINISH’.
5. Take the 24-hour urine collection on the same day the collection finishes to the pathology department at Basildon Hospital/Southend Hospital or blood tests at Orsett Hospital.

**Do not start the collection on a Friday or Saturday.**

**How do I get the result?**

The result will be sent to your doctor. For reasons of confidentiality the Laboratory is not allowed to give the result to you.

If you need any more information about how to complete this collection please telephone the laboratory on the following numbers

Basildon Hospital Biochemistry: 01268 524900 extension 3025/3539/3095

Southend Hospital Biochemistry: 01702 435555 extension 8795