



Scarborough Hull York
Pathology Service

Collecting your 24 Hour Urine Sample

Information for patients, relatives and carers

Department of Clinical Biochemistry

① For more information, please contact:

Duty Biochemist

Monday - Friday 09:00 -17:00

York and Scarborough: 01904 726366

Hull and East Riding: 01482 607755

Email: Katie.allen57@nhs.net

Providing pathology services at:

York and Scarborough Teaching Hospitals NHS Foundation Trust

Hull University Teaching Hospitals NHS Trust

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Introduction

Please read this information carefully **before** starting your collection. Failure to follow the instructions may lead to an incorrect test result and the need to repeat the test. Do not alter your usual fluid intake during the 24 hour period.

What is a 24-hour urine collection?

A complete collection of all urine produced in a 24-hour period can be used for the analysis of waste products produced in varying amounts throughout the day. Measurement of a particular one of these products can be useful in the diagnosis or monitoring of a disease.

Are there any risks?



Caution: Your collection bottle **may** contain a small amount of acid. **Do not throw this away or rinse it out.** It is needed to preserve your sample until it can be analysed.

- Keep collection bottle out of reach of children and pets.
- Keep bottle upright at all times.
- Acid causes skin burns and eye damage. In the event of a spill or splash, rinse with plenty of fresh cold water. Remove any contaminated clothing. Seek medical attention if acid comes into contact with eyes or mouth. If swallowed, drink plenty of water and seek medical attention.

How do I prepare for the collection?

If your 24-hour urine collection is for **5-HIAA**, please read this information carefully. If your collection is for something else, the information on this page does not apply to you and **no specific preparation is required**.

What is 5-HIAA?

Urine 5-HIAA is a test used in the investigation of carcinoid syndrome.

Some foods contain 'HIAA-like substances' that are passed in the urine and can produce incorrect test results, so it is better to avoid them before collecting your sample.

Foods to avoid for 48 hours before collecting your sample for 5-HIAA:

- Avocados
- Bananas
- Tomatoes (fresh and tinned)
- Plums
- Walnuts
- Aubergines
- Pineapples (fresh and tinned)
- Cough mixtures
- Painkillers, especially those containing Paracetamol.

The rest of this information relates to all 24-hour collections.

When should the sample be collected?

Choose a day when you can be at home for a complete 24-hour period. If you do go out, take your collection bottle with you.

If possible, try to complete and return your collection early in the week to prevent delays in processing.

If you are planning to do the collection over a weekend, consider starting on a Sunday as you will be able to return the completed sample on Monday.

Doing the collection on Friday or Saturday often means that you have to store the sample for 24-48h before it can be handed in. This may be unpleasant and can cause problems for some tests.

On your chosen day, begin at the usual time you awake. Your collection will end 24 hours later.

Important:

- Please store the container with the cap on, in a cool dry place, away from direct sunlight.
- Ensure all the details have been filled in correctly on the label.

Unfortunately, any urine samples received unlabelled cannot be accepted for analysis and you will have to repeat the collection.

Only use the collection bottle provided. Please ask for second container if you think one will not be big enough.

How to collect your 24h urine sample:

Start of the collection

e.g. 8am or the usual time you get up:

1. Empty your bladder completely and **discard** the urine. Your 24-hour collection will start from now.
2. Collect **all** subsequent urine for the next 24 hours into a clean and dry container and add it to the collection bottle.

End of the collection (24 hours later)

e.g. 8am the next day:

1. Empty your bladder completely, whether or not you feel the need, and add the urine to the collection bottle.

If any urine is accidentally discarded during the collection, stop the test and inform the GP surgery or Outpatient clinic who asked you to do the test. You will need to start again with a new container on another day.

Your 24-hour urine collection is now complete.
Please make sure that you:

1. Have written your full name, date of birth and the dates and times of the start and end points of your collection on the bottle.
2. Check the cap is screwed on firmly.
3. Deliver your urine collection and request form to your GP surgery or Laboratory Medicine at your local hospital within 24 hours of completion. This helps prevent problems or delays in processing.

What will happen afterwards?

Once your sample reaches the laboratory, it will be weighed to determine the amount of urine you have produced.

The sample will then be tested and the results will be sent to your doctor, who will discuss the results with you.

The amount of time it takes to finalise results will depend on the specific test your doctor has asked for.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Katie Allen, Principal Clinical Scientist

Clinical Biochemistry, Hull Royal Infirmary, Anlaby Road, Hull, HU3 2JZ, telephone 01482 607716 or email

Katie.allen57@nhs.net.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

To contact PALS:

In York or Scarborough dial 01904 726262 or email yhs-tr.patientexperienceteam@nhs.net

In Hull and the East Riding

dial 01482 875875 or email hyp-tr.pals.mailbox@nhs.net

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

This leaflet was produced by Scarborough, York and Hull Pathology Services (SHYPS)

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