

Instructions for 24-hour urine collection without a special diet

INTRODUCTION

Your doctor has requested a urine test, the purpose of which is to analyse your urine for the presence of certain waste products. This test requires that you collect your urine in a container over a period of 24 hours. This leaflet aims to explain how to collect your urine, so that this can be done without problems.

THE CONTAINER(S)

You have been given one or more containers with or without a preservative. This is mentioned on the container. Do **not** rinse the containers, but leave the liquid or the solid contents untouched. Please, be careful and avoid any contact with this preservative, because it has a caustic effect.

Should you unintentionally come into contact with the preservative, you can rinse it off with plenty of water.

COLLECTION

You must be very precise when collecting your urine, because this is important for accurate test results.

Proceed as follows:

- When you wake up in the morning, empty your bladder into the toilet as usual until your bladder is completely empty.
- From that moment onwards, you collect all your urine in the special container for a full 24 hours, also in the evening and during the night.
- You will have received this container from the laboratory.
- When you wake up the following morning, you empty your bladder again until it is completely empty. This urine must also be into the container.

Your doctor may ask you to collect urine for more than just one day.

You should then continue to collect the 24-hour urine in the same way (do not urinate into the toilet). You must collect the urine for the successive days in separate containers, because each container must only be used for the amount of urine for 24 hours.

If you know that you produce more than 3 litres of urine during 24 hours, you should tell the laboratory assistant. You will then receive extra

containers to take home. The best way to store the container(s) is in a cool place (4-8°C).

You can drink normally during the period of urine collection.

WHERE TO DROP OFF THE CONTAINER(S)

When ready, write your name, date of birth, and also the date of the collection day on the label. You must then take the container(s) holding your urine to the laboratory the same day and preferably in the morning. **Do not forget to bring the test request form.** You do not need to make an appointment for this.

If you must collect urine for more than one day, you can take all the containers to the laboratory in one go.

Do not forget that the laboratory is only open from Monday through Friday (not in the weekend) from 8 a.m. to 4.30 p.m.

As we have explained before, you must collect your urine very accurately. However, it is possible that you make a mistake or that some urine is lost during a bowel movement. In either case, you need to collect a new container from the laboratory and start collecting afresh.

RESULTS

You can ask the doctor for the results of the test.

FINALLY

If you should have any questions or would like more information, you can contact the out-patients' laboratory, tel. 020 512 5025.

The laboratory is open between 8 a.m. and 4.30 p.m.