

**Patient  
Information**

# Instructions for collection of 24-hour urine samples

## Introduction

This leaflet gives you information about collecting a 24-hour urine sample.

## Preparing to collect a 24-hour urine sample

Please read the instructions and follow each of the steps carefully.

- It will be easier if you choose a day when you will be at home for a complete 24-hour period. If you have to go out, do take your bottle with you.
- On your chosen day begin at the usual time when you wake. The end of the collection will be 24 hours later.
- Please collect every drop of your urine during the specified 24-hour period. It is most important that you make sure that your urine collection is complete. An incomplete collection can give misleading results which could affect your treatment.
- If you miss or accidentally discard a sample, you will need to start again on another day, using a fresh container.
- If you have a bowel movement, you must collect the urine separately. If you are unable to do this, you should stop the collection and start again on another day, using a fresh container.
- For female patients - if your menstrual period starts during the collection, please make a note of this on the request form.
- If your 24-hour urine collection volume exceeds the amount that the collection container can hold please discard the urine and contact the laboratory.

Reference No.

**GHPI0922\_03\_24**

Department

**Pathology**

Review due

**March 2027**

**Patient  
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1. Check that your last name, first name, date of birth, address or NHS number and GP surgery are clearly written in the appropriate space on the container.
2. At the start of the collection, empty your bladder completely and flush the urine down the toilet. You will now have an empty bladder and the collection of urine will start from this point. Write this start date and time on the bottle.
3. For the rest of the day and overnight collect all urine passed into the container (you may find it easier to collect urine into a clean, dry plastic jug first and straightaway carefully pour it into the container).
4. Keep the container in a cool place with the top tightly closed to stop any leakage.
5. At the same time as the previous day empty your bladder completely and add this urine to the container. Add no more urine. Write this date and time on the container label (this is the finish date and time). This completes the urine collection.
6. The time you pass the last urine specimen should not vary by more than 5 or 10 minutes from the time of starting the collection the previous day.

**After completing your urine collection**

Check that the label on the collection container has been completed.

Make sure that the lid is securely screwed on the container.

Place the container and the request form into the green bag provided. Seal the bag along the grip seal then put it into the white carrier bag.

Return the container and the request form to your GP's surgery or to one of the Pathology reception desks as soon as possible after completion.

Pathology reception desk opening hours for Cheltenham General Hospital and Gloucestershire Royal Hospital:

Monday to Friday, 8:30am to 5:00pm

Saturday and Sunday: Closed

## Patient Information

### Contact information

#### Department of Chemical Pathology

Cheltenham General Hospital

Tel: 0300 422 4064

Gloucestershire Royal Hospital

Tel: 0300 422 5231

### Further information

#### Lab Tests Online

Website: [www.labtestsonline.org.uk](http://www.labtestsonline.org.uk)

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>