



York Teaching Hospital
NHS Foundation Trust

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 - 18:00
Telephone: 01904 726366

Caring with pride

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Please read this information carefully. Failure to follow the instructions may lead to an incorrect test result and the need to repeat the test.

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.

When the sample should 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 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.

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 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:

3. 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:

- **Have written your name, date of birth and the dates and times of the start and end points of your collection on the bottle.**
- Check the cap is screwed on firmly.
- 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.

24-hour urine collections for 5-HIAA only

If your 24-hour urine collection is for 5-HIAA, please read this information carefully. If your collection is for something else, the following information does not apply to you.

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.

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

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 Malton, Trainee Clinical Scientist, Laboratory Medicine, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725802.

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.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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|--------------------|--|
| Owner | Katie Malton, Trainee Clinical Scientist |
| Date first issued | January 2018 |
| Review Date | December 2019 |
| Version | 2 (issued May 2018) |
| Approved by | Alison Jones, Consultant Biochemist |
| Document Reference | PIL 1186 v2 |

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