

## **Instructions for Making a 24-Hour Urine Collection (Plain)**

**Please read all instructions carefully before commencing urine collection.**

Ensure that the 24-hour container is labelled with all the following details:-

- Patient's name
- Hospital/ward (if an in-patient)
- MRN (hospital No.),
- Test required,
- Date and time collection of urine started and finished.

It is very important to collect ALL the urine that is passed over an exact 24-hour period. Loss of any urine, or a collection made for more or less than the appropriate length of time will invalidate the test and might lead to an incorrect diagnosis.

### **Collection Method**

1. Empty bladder at 8am on rising or at a more convenient time and DISCARD this urine. Only after this urine has been passed is the collection started. Write this starting time on the container.
2. Collect all urine in the container provided on EVERY occasion that it is passed during the next 24 hours. Store in a cool dark place - a refrigerator if possible.
3. Empty bladder at 8am on rising the next morning or at the more convenient time chosen and ADD this to the collection. Write this finishing time on the container.

**Ensure the cap is closed securely and the container is kept upright at all times.**

This completes the 24-hour collection. Transport to the laboratory as soon as possible along with the completed test request form if applicable.

If, accidentally, some sample is lost e.g. down the toilet proceed as follows.

**PLAIN container** i.e. no acid - Discard all the urine collected and restart the 24-hour collection again from Step 1 above.

For any further information, please contact the following,

**Biochemistry Department, St. James's Hospital, Dublin 8, Phone:- 01-4151570/ 4151579**(within the hours of 09.30-17.00 Monday to Friday).