

**PATIENT INSTRUCTIONS FOR PLAIN 24 HOUR URINE COLLECTION**

**N.B. A PATHOLOGY REQUEST (MILLENIUM LABEL, ICE LABEL or REQUEST FORM)  
MUST BE ATTACHED TO THE 24 HOUR URINE COLLECTION.  
SAMPLES RECEIVED WITHOUT A REQUEST MAY NOT BE TESTED.**

**Preparation**

- Normal dietary and fluid intake prior to and during collection (unless you have been instructed differently by your doctor).

**Procedure**

24 hr means a **complete timed** 24 hour collection of urine collected as follows:-

- **Start Time** : On rising the patient should empty bladder as completely as possible into the **TOILET** i.e. discard it. Record this time on the container. This is the **start time** (e.g. 8 am on the 6<sup>th</sup> March)
- ALL urine passed, day or night, after the Start time, must be collected in the container for the next 24 hours, ie. until the same time the following day.
- **Finish time**. At the finish time (eg 8am on the 7<sup>th</sup> March) you should empty your bladder as completely as possible collecting this urine in the container.
- Write this finish time on the urine container's label.
- Please also write **your** full name, date of birth, and surgery or ward details **clearly** on the 24 hr container label.
- If you have any queries or experience any problems please contact the laboratory on telephone number : (01225) 824712 (direct line)

**N.B.** If the urine collection is for creatinine clearance, please check with your GP surgery that a blood sample has also been taken for creatinine within 24 hours of the urine collection.