

Collection Of Urine For 24 Hours – Instructions For Patients

If your container has a **green** lid it contains a small amount of acid. Do not spill this or remove it from the container. Mix your urine with the acid as you put it into the container. Containers with **yellow** lids DO NOT contain additives.

If your test is for 5HIAA or VMA:

- **Avoid** aubergines, avocados, bananas, pears, pineapples, plums, tomatoes, walnuts and vanilla for the **duration** of the collection.
- Avoid **chillies** for **48 hours before** the test.

For **all tests** drink the same or slightly less liquid than you normally would and avoid alcohol.

Do not take unprescribed medicines especially cough medicines or expectorants.

Make a note of any medicines being taken at the time of the test.

Ideally you should make the collection from morning to morning.

Procedure:

1. On the first morning, urinate into the toilet as usual when you get up. Do not collect this urine.
2. From then on collect **ALL** urine passed both day and night into the container provided, either directly or via the collecting cup provided.
3. When you get up on the second morning (24 hours later) collect your urine into the container - this is the final collection. **Throw the collecting cup away and ensure the container lid is securely screwed down.** Do **not** replace the collecting cup back in the container as this causes leakage and **THE SPECIMEN WILL BE REJECTED BY THE LABORATORY.**
4. Ensure the sample container and request form are fully labelled with **6** identifiers:
 - i) first name
 - ii) surname
 - iii) date of birth
 - iv) the source (ward, gp etc)
 - v) the collection times
 - vi) The collection and dates
5. Place the urine specimen into the white bag and ensure the bag is correctly sealed across the full width. Place the green/white request form into the clear pocket at the side of the bag.
6. **Keep the urine cool and upright** and bring it to the surgery or laboratory as soon as possible.

For the proper evaluation of tests on 24 hour urine samples, it is essential that a complete and accurate collection be made. **For any advice on urine collection please telephone the Biochemistry laboratory on 01271- 322345.**