

St Martins Practice

Patient's Leaflet

24 hour urine collection.

**How to perform a 24 hour urine collection.**

1. 24 hour urines require special containers which we will order for you. When they arrive we will ring you and ask you to come in and collect them.
2. You will need a clean receptacle in which to collect the urine (such as a jam jar which has been thoroughly cleaned) and then you should transfer the urine from the clean receptacle to the storage container where it will be kept cold.
3. The 24-hour collection may begin at any point of the day. However, it is common to start the collection first thing in the morning. It is important to collect all urine in the following 24-hour period.
4. Decide when you want to start the test. At the start of the test do a wee and flush it away in the toilet. This is the start of the test. The first wee is NOT kept it is flushed away.
5. Note the time of that first wee, that is the time of the start of the 24 hour collection
6. All urine, after *this* [the first (flushed) specimen,] must be saved in the container we gave you, stored, and kept cold in a refrigerator, for the next 24 hours.
7. To finish the test try to urinate at 24 hours after the start time, but if you cannot urinate at this time, it is not a problem.
8. Once the urine collection has been completed, return the urine containers to the surgery that day as soon as possible and at any rate before 4.30pm.

Try and choose a day when you will be at home all day to facilitate easy collection of the urine.

PLEASE ENSURE YOU LEAVE THE REQUEST FORM ON THE BOTTLE