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| HOW TO COLLECT A  24-HOUR URINE SAMPLE |
| Information Leaflet |

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# Indication

This collection must be accurately timed.

Read this sheet carefully before you start the collection.

If you have any questions phone the Biochemistry Laboratory on 0161 419 4048.

# Patient Instructions

* The urine must be collected over a FULL 24 hours.
* The bottle that you have been given may contain a little liquid. **Do NOT empty this liquid**.
* Do not let this liquid come into contact with your clothes or skin. If contact does happen follow the instructions on how to treat splashes at the end of this leaflet.

1. The collection may be started at ANY time of the day.

Most people prefer to start it first thing in the morning.

1. Write the date and time you start your collection (e.g. 9th July – 8am) onto the urine bottle label.
2. At the time you have chosen, go to the toilet as normal passing the urine into the toilet. **Do not collect this.**
3. You can now begin the collection.
4. Do not pass urine straight into the bottle. Use a small plastic jug or other clean container to collect the urine and then pour it into the bottle.
5. Collect **ALL** urine over the next 24 hours and place into the urine bottle provided. If you spill some of the urine or forget and pass the urine into the toilet, the collection must be started again.
6. After 24 hours, at the same time of day as you started (e.g. if you started at 8am Friday then it will be 8am Saturday), the collection will be finished **after you empty your bladder again and place the urine into the bottle provided.**
7. Even if you do not need the toilet you must try. Pass this last sample into the bottle. Once complete time and date the end of your collection.
8. Bring the completed urine collection and the request form to the Pathology Laboratory Reception, preferably between 8am and 9pm Monday to Saturday. The outer reception door will be open at all times. If there is no-one to give your sample to, please ring the bell. DO NOT LEAVE YOUR URINE SAMPLE ON THE RADIATOR SHELF
9. If it is difficult for you to get to Stepping Hill Hospital with your urine sample you might be able to ask your GP surgery to send it for you. You **MUST** ask your GP first.
10. Note, if 1 container is full before the 24 hours is up, please use another clean contain to complete the collection.

# In the Event of Contamination by Splashing

1. The usual preservatives used are SULPHURIC AND HYDROCHLORIC ACID.
2. Your bottle should say which it is.
3. FOR FABRIC – Rinse the garment well with water and then wash normally before you wear it again.
4. SKIN – Wash the affected skin with lots of **COLD** running water for 10 minutes.
5. EYES – Wash the eye with COLD running water for 10 minutes – **SEEK MEDICAL ATTENTION**.

# Disposal of Materials used in the Collection Process

1. Toilet tissue to be disposed of as normal
2. Ensure that the jug / container used for collecting urine is cleaned thoroughly before re use with hot soapy water.

# Contact us

If you have any questions, please phone the Biochemistry Laboratory on 0161 419 4048.

You can also email us at: [PathologyEnquiries@stockport.nhs.uk](mailto:PathologyEnquiries@stockport.nhs.uk)

If you need help finding the Pathology Laboratory you can ask for a sighted guide at the main reception desk.

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| **If you would like this policy in a different format, for example, in large print, or on audiotape, or for people with learning disabilities, please contact:**  Nadia Baynham, Equality, Diversity and Inclusion Manager, Aspen House, Stepping Hill Hospital. Tel: 0161 419 4784 E-mail: [nadia.baynham@stockport.nhs.uk](mailto:nadia.baynham@stockport.nhs.uk) or [equality@stockport.nhs.uk](mailto:equality@stockport.nhs.uk) |  |

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| **If you require an interpreting service when you bring your specimen to the Pathology Department Laboratory Reception please contact us in advance or tell us when you make your appointment so that we can make the necessary arrangements: Tel 0161 419 4048** |

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| **Our smoke free policy**  Smoking is not allowed anywhere on our sites. Please read our leaflet 'Policy on Smoke Free NHS Premises' to find out more. |

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