

24 Hour Urine Collection - Information for patients

BLOOD SCIENCES

Instructions for sample collection

- Write your full name and date of birth on the bottle **NOW**.
- On the day you start the first collection: get out of bed at your usual time, pass urine as normal and discard (flush the toilet). This is to ensure that you start the collection period with an empty bladder (Note this is the Start Time of your collection). **Write the date and the time you started on your 24-hour collection on the container.**
- **Collect all urine passed over the next full 24-hour period** (for example; 07:00 one morning to 07:00 the following morning).
- **Write the date and the time you finished your 24-hour collection on the container.**

The bottle should now be labelled with:

- Your full name and date of birth
- The date and time you started your 24-hour collection
- The date and time you finished your 24-hour collection

Your 24 hour collection is now complete and is ready to be returned to lab for testing. Keep the bottle in a cool place, until returned. It is not necessary or advisable to keep it in the fridge.

Return the bottle to the Blood Sciences laboratory at your local hospital within 48 hours (preferably 24 hours) of the end of the collection.

Please remember to bring the request card your doctor gave you.

Safety Precautions

Depending on which test(s) have been requested, the collection bottle that you have been provided **MAY** contain a preservative. If this is the case the **bottle should state clearly which preservative is contained** within, this is necessary to preserve the chemical constituents of your urine sample and **must not** be thrown away. **DO NOT USE chlorine-based disinfectant/cleaning products if you spill any of the preservative from the bottle.**

General precautions (all bottle types):

- Always keep the bottle in an **upright** position, with the cap **securely** fastened.
- When at home keep the **bottle away from children and pets.**
- Never pass urine directly into the bottle. Always use a secondary container (such as a clean jug), and then transfer the sample into the bottle

Additional container-specific precautions:

Preservative	HCl - Hydrochloric Acid	Acetic acid/5-HIAA - 5-Hydroxyindoleacetic acid	NaOH - Sodium Hydroxide
Precautions to be taken	<p>EYE CONTACT: Rinse immediately with plenty of water, also under the eyelids, for at least 15 minutes.</p> <p>SKIN CONTACT: Wash off immediately with plenty of water for at least 15 minutes.</p> <p>INGESTION: Do not induce vomiting. Obtain medical attention.</p>	<p>EYE CONTACT: Rinse immediately with plenty of water, also under the eyelids, for at least 15 minutes.</p> <p>SKIN CONTACT: After contact with skin, wash immediately with plenty of water and soap. Remove contaminated, saturated clothing immediately. Immediate medical treatment may be required, corrosive injuries that are not treated are hard to cure</p> <p>INGESTION: Immediately call a POISON CENTRE/doctor. Do NOT induce vomiting. Rinse mouth thoroughly with water. Give nothing to eat or drink.</p> <p>Keep away from sources of ignition</p>	<p>EYE CONTACT: Rinse immediately with plenty of water, also under the eyelids, for at least 15 minutes.</p> <p>SKIN CONTACT: After contact with skin, wash immediately with plenty of water and soap. Remove contaminated, saturated clothing immediately. Immediate medical treatment may be required, corrosive injuries that are not treated are hard to cure</p> <p>INGESTION: Immediately call a POISON CENTRE/doctor. Do NOT induce vomiting. Rinse mouth thoroughly with water. Give nothing to eat or drink.</p>

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Location and contact details of the laboratories

Blood Sciences at Leeds General Infirmary

Old Medical School
Leeds General Infirmary
Leeds
LS1 3EX

Blood Sciences at St James' Hospital

Ground Floor Pathology Reception
Link Corridor between Chancellor & Lincoln Wing,
St. James' University Hospital
Leeds LS9 7TF

Normal Working Hours for all laboratories

Weekdays - 08:30 - 20:30

Contact details

St. James' University Hospital Tel: 0113 2065551
Leeds General Infirmary Tel: 0113 3926922

Asking questions or raising your concerns

If you have any queries or concerns about any element of this process you should contact the lab using one of the numbers above and ask to speak to the Duty Biochemist, alternatively email: leedsth-tr.biochemist@nhs.net

If you feel you want to speak to someone outside the laboratory, or wish to leave feedback on the service, you should use one of the following contacts:

- PALS tel: 66261/67168
- Complaints tel: 66262/66018
- E mail: leedsth-tr.PatientRelations@nhs.net
- Blood Sciences Quality Team: leedsth-tr.qualitycomplianceteam@nhs.net (enter "Feedback" as the subject)