

## INFORMATION FOR PATIENTS

# Collection of an early morning urine (EMU) sample

### Introduction

Your GP/doctor/nurse has asked you to provide three early morning urine samples for testing at the laboratory and should have given you three of the containers pictured below, a request form (if required) and a sample bag. These instructions tell you how to collect an EMU sample.



If you have not been provided with these containers, then you should request them from your GP/doctor/nurse.

### What is an early morning urine sample?

An early morning urine sample is the first pass urine of the day and should be collected into three separate containers over three consecutive days.

### Timing of the sample

This sample **MUST** be the first urine of the day.

### Before you collect the sample

Wash your hands using soap and warm water, rinse and dry.

Label the container with your name, date of birth and the date and time the sample was taken.

### How to collect an early morning urine sample:

1. Remove the screw cap from the container and pass urine directly into the container until it is full.
2. Tightly screw the lid back onto the container and wipe off the outside of the container if required.
3. Place the fully labelled container into the sample bag provided and seal the bag.
4. Wash your hands with soap and warm water, rinse and dry.
5. Store this sample in a further bag in the fridge around 4°C.
6. Repeat on the second and third day.
7. When all three EMU samples have been collected take them to either your GP surgery or the Pathology Department.

### Where do I deliver the sample to?

After collecting the third sample, please return them on the same day with the test request form, to either your GP Surgery or the Pathology Department at King's Mill Hospital or Newark Hospital.

The Pathology Department at King's Mill Hospital is found by following the signs to the Bereavement Centre and the MRI Scanner. The department's main door is situated on the left near the top of the corridor. There is a free 15 minute drop off/collection zone outside King's Mill Hospital's main reception and volunteers are available in the entrance foyer to give directions.

The Pathology Department at Newark Hospital is situated on the ground floor next to the Mercia Doughty Pre-operative Assessment Unit. When you arrive at Pathology you should take your sample to the delivery hatch at the reception. The staff will check your details and take the sample from you.

You are free to leave once you have handed in your sample as your results will be forwarded to your referring doctor.

Site maps and directions to King's Mill Hospital and Newark Hospital can be found on the Sherwood Forest Hospitals NHS Foundation Trust website – please see 'Further sources of information'.

### **How should I store my samples?**

The samples should ideally be delivered to your GP or Pathology Department as soon as all three samples have been taken.

If you cannot deliver the samples immediately, they should be stored in a fridge around 4°C, but for no longer than 24 hours after the third sample has been taken. Place each sample in a further plastic bag before putting it in the fridge.

### **Where are my samples tested?**

The samples are processed at the Pathology Department at King's Mill Hospital.

### **How do I get my results?**

Your results will normally be sent back to your referring doctor approximately six weeks after the Pathology Department has received your sample. Results are not given out by the Pathology Department to patients in order to protect patient confidentiality.

### **What happens to my samples after they have been tested?**

Once your samples have been tested and results have been sent back to your referring doctor, the remaining samples are disposed of with other laboratory waste.

### **Useful information**

Lab Tests Online:

<https://labtestsonline.org.uk/tests/urinalysis>

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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