

INFORMATION FOR PATIENTS

Collection of a 24 hour urine sample

Collect all urine passed during 24 hours. The collection can start any time of day, but it is usually most convenient to start in the morning, for example 8am. Please do not pass urine directly into the container. First collect the urine into a clean, dry, non-metallic container (such as a plastic or glass bowl or jug), then pour it carefully into the container.

Starting the collection

At 8am pass all urine into the toilet and discard in the normal way. Write this time and date on the label of the container. Then collect all urine for 24 hours and put it in the container. If you are going to have a bowel movement collect urine first so that none is lost.

Finishing the collection

At 8am next day, pass all urine and put into the container. The collection has now finished. If you mistakenly discard a specimen, this will make the collection incomplete. Return the container and obtain a new one with which to start again.

Return the sample container and the form the doctor/nurse gave you to the Pathology Department at either King's Mill Hospital or Newark Hospital as soon as possible upon completion. Please ensure the cap is screwed firmly onto the container. Unfortunately, if the urine leaks in transit, the collection will be invalidated and the analysis will not be carried out.

Where do I deliver the sample to?

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 to 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 Preoperative 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 do I get my results?

Your results will normally be sent back to your referring doctor (GP or consultant) approximately 14 days after your test. Results are not given out over the telephone in order to protect patient confidentiality.

What happens to my sample after it has been tested?

Once your sample has been tested and a result has been sent back to your referring doctor, the remaining fluid is incinerated.

Summary of instructions:

1. Empty your bladder.
2. Pass all urine for next 24 hours into the container.
3. Label it with your name, address and time of collection.
4. Return the collection with the request form attached.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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 or telephone 01623 622515, extension 6927.

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