24 Hour Urine Collection for Creatinine Clearance

A Guide for Spinal Cord Injured Patients

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NSIC Patient Information Leaflet Group
You have been advised that you need to take a 24 hour urine collection for creatinine clearance. This guide is to help you understand why you need to do this and complete it correctly. It may also help the person that is taking the blood sample for you.

**Why You Need to Do It?**

Creatinine is a waste product produced from muscle breakdown. It is found in urine as it has been excreted by the kidneys. It is also found in blood, where its level reflects renal function. In order to fully evaluate the extent of renal impairment a Creatinine Clearance is done. The results of this test can tell us if your renal system is working effectively to get rid of this waste product.

**How to Do It**

- You will be given a large container with a small amount of Boric acid in it; this is to collect the urine in over a 24 hour period. Boric acid preserves the urine’s chemical balance.

- Empty your bladder or drainage bag and discard the urine. Note the exact time, as this will be the start time.

- Collect all urine passed in the next 24 hours into the containers provided.

- A blood sample needs to be taken either during the 24 hour urine collection or on the day of completing the collection.

To help the person taking the blood sample, they may need the following information to help complete blood forms. Blood is taken for:

Biochemistry  -  Renal (U+E)

Specify for Creatinine Clearance

**After the 24 Hour Urine Collection**

- The urine collection and blood sample need to go together to your local hospital for analysis and calculation. This can be done via the district nurse or your GP surgery.

- The results will be forwarded to your GP or Consultant.

- If the results of the test indicate an impairment, these will be discussed with you by the person that requested the collection. If there is no impairment you will not be contacted.

**Contact Information**

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