

Patient advice sheet

Collecting a 24-hour urine specimen

Your doctor has requested some tests that require the collection of a 24-hour urine sample. It is important that this is done as described below so that the correct results are obtained.

You have been given a bottle(s) in which to collect your urine. Please make sure:

1. Your NAME, Date of Birth, START and FINISH date and times of the urine collection are recorded on the container.
2. On the day of the collection, pass the first urine of the day in the usual way. Please do not collect this first urine in the container.
3. After this, collect ALL the urine passed in the next 24 hours into the container provided.
4. At the end of the 24-hour period, this last urine sample must also be collected into the container.
5. Your 24-hour urine collection is now complete.
6. **Bring the urine collection, together with the request form from your doctor; to the Pathology Laboratory at Stoke Mandeville Hospital or Wycombe Hospital as soon as possible (preferably on the day you finish the collection).**

Pathology laboratory opening times:

Mon - Fri: 9am-5pm
Sat/Sun: Closed
Bank Holiday: Closed

If you have any queries about how to collect the urine, please call the laboratory team on 01494 425398 or 01296 315354 (direct line).

Please note:

The test will be invalid if you forget to collect any urine you pass during the 24-hour collection, so if this happens, you will have to discard the whole collection and start again.

You may be given 2 containers for a single 24-hour collection. This is to ensure that if the first bottle is filled up, any extra urine may be collected in the second container to ensure a complete collection.

If the second bottle is not used, please bring this back to the Pathology Lab along with the full collection.

If your request form is for '**Creatinine Clearance**', you will also need to have a blood sample taken in a yellow top tube. If you have not had a blood test 1-2 days before your urine collection, please inform your GP to arrange this.

Collecting a 24-hour urine specimen for a urine 5HIAA test

Foods and Drugs to avoid when collecting 24 hr urine sample for 5HIAA and Catecholamines

Certain foods and medications interfere with the 5HIAA urine tests, so it is important that you avoid the following 3 days before you start collecting the urine and also during the urine collection. You may need to discuss your current medication with your doctor in case you require alternatives.

- **Foods to avoid:**
bananas, plantains, aubergines, avocados, red plums, pineapple, kiwi fruit, walnuts, hickory nuts, pecan nuts, chocolate, coffee, broccoli, tomatoes, alcohol, vanilla, and health food supplements containing 5-hydroxytryptophan.
- **Medications to avoid:**
anti-rheumatoid drugs, methyl dopa, diazepam, mephensin, β -blockers (blood pressure pill) and cold remedies.

Procedure

Please wrap the 24-hour container in tin foil or a brown paper bag as the sample needs to be protected from light throughout.

Follow the urine collection instructions as indicated on page 1 of this instruction sheet.

We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net