

# 24 Hour Urine Collections

Department of Clinical Biochemistry  
UHSussex

**Please read all of this leaflet before starting  
to collect your 24 hour urine sample.**

**For further information and advice contact the laboratory:**

Royal Sussex County Hospital: 01273 696955 Ext. 64664

Princess Royal Hospital: 01444 441881 Ext. 68203

St. Richard's Hospital: 01243 788122 Ext. 33590

Worthing General Hospital: 01903 205111 Ext. 85701

Advice is available between 09:00 and 17:00 Monday to Friday.

The doctor has asked for this test to help determine your treatment. If the sample is not collected correctly you may have to repeat the test. It is therefore very important that you follow these instructions carefully.

### **Before you start:**

You will be provided with one special bottle for each 24 hour urine sample that the doctor has asked for. Do not store urine in any other containers, or use a mixture of bottles with and without acid for one 24h period, as it will not be suitable for testing.

Some tests require an acid or thymol preservative.

Do not empty this out of the bottle.

Be careful with the acid; if you spill any, wash immediately with plenty of water.

Each bottle holds 2.5 litres or 5 litres. If you expect to produce more urine than that in the 24 hours of your collection, please ask for a second container.

If your request form includes 5HIAA (5-hydroxy indoleacetic acid) you must avoid eating these foods from 48 hours before you start collecting urine and throughout the collection period: avocados, aubergine, red plums, bananas, pineapple, tomatoes and walnuts. These can cause a falsely raised result.

If your request form includes creatinine clearance as one of the tests you will need to arrange to have a blood test on the day you finish the sample, either with one of the Outpatient Phlebotomy clinics (for hospital outpatients) or through your GP.

## To collect the sample:

Choose a time of the day you wish to start the collection: when you get up in the morning will probably be most convenient. Find a clean container that you can use to transfer the urine into the bottle, such as a jug with a spout.

- 1 Empty your bladder completely discarding the urine into the toilet, not into the bottle. Write the exact time on the bottle label in the box 'Start time', and fill in the date.
- 2 After that, collect all the urine you pass during the next 24 hours and put it in the bottle.
- 3 The next day, at exactly the same time as the collection started, and whether you feel you need to or not, empty your bladder and put all of this urine in the bottle. Write this time in the box 'Finish time'. The collection is now complete.
- 4 Fill in the rest of the bottle label, most importantly your full name (no abbreviations), date of birth and/or hospital or NHS number.

If the doctor has asked you to collect more than one 24 hour sample, use separate bottles. Make sure that the times and dates are clear.

## After you have finished:

Check that the lid is firmly screwed on to the bottle. Keep the sample in a cool place and bring it with the request form to the laboratory as soon as possible.

Samples can be taken to your GP if that is what they have asked you to do, or you can bring them to the pathology laboratory at the hospital which gave you the bottle. as listed on the following page. For RSCH and PRH you can return your sample to either site.

## **Royal Sussex County Hospital, Brighton:**

The laboratory is on Level 6, beside the Tower Block at the Royal Sussex County Hospital, above A&E.

Pathology Reception is open 08:00 to 19:00 Monday to Friday, 09:00 to 13:00 at weekends.

## **The Princess Royal Hospital, Haywards Heath:**

The laboratory is on the first floor in the main building, above A&E.

Pathology Reception at PRH is open 08:00 to 18:00 Monday to Friday, and 08:30 to 12:00 at weekends.

## **St. Richard's Hospital:**

The laboratory is on the first floor of the Outpatients block.

Pathology Reception is open 08:00 to 16:45 Monday to Friday.

## **Worthing General Hospital:**

The laboratory is on the first floor of the North Wing.

Pathology Reception is open 08:30 to 16:45 Monday to Friday.

More information on how to get to our hospitals is available on the UHS website at [www.uhsussex.nhs.uk](http://www.uhsussex.nhs.uk)

If you would like to know more about laboratory tests please visit LabTestsOnLine ([labtestsonline.org.uk](http://labtestsonline.org.uk)), a free resource created and updated by laboratory professionals for patients.

Ref. number: 351.5  
Publication date: 06/2023  
Review date: 06/2026

LIC-BIO-24HR rev. 5

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