Patient Instructions for Collecting a 24 Hour Urine Sample

All urine is to be saved for 24 hours, the collection commencing after the bladder has been emptied.

On waking, empty bladder and discard this specimen.

The collection now starts

1. All urine passed for the next 24 hours including the 07.00 hr specimen the following morning needs to be collected.

2. Complete the name label of the sample with your Name, Hospital or NHS number if available, date of birth and the date and time the collection started. Failure to do so will result in the sample being discarded and a repeat collection being required.

3. Bring the sample to the Pathology office (on the first floor of the new Pathology building) Bedford Hospital, South Wing with the request card.

4. Hand the sample and card to the receptionist who will confirm whether a blood test is also required.