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Option 2 Option 2

Instructions for Collection of 24 Hour Urine Sample

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供
Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatkach.

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Document Number: STHK1243
Version: 004
Review Date: 01 / 08 / 2025

What sample container will I receive?

A sample bottle is provided for your 24 hour urine collection.

Some bottles contain a preservative.

These bottles will be clearly marked.

Do not discard the acid preservative

For larger collection volumes a second bottle may be filled.

How do I collect the 24 hour urine?

1. On waking in the morning, **do not** collect the first time on urinating.
2. Collect **all urine** passed during the next 24 hours into the bottle provided.
3. Replace the lid tightly after each collection and swirl gently to mix.
4. Keep the container upright and in a cool, dark place.
5. Empty the bladder at exactly 24 hours (in this example at 8am) and include this in the bottle.
6. Return completed bottle(s), ensuring the lid(s) are tightly sealed, to the laboratory with the request form.

What should I write on the urine container?

Full name, date of birth and address or hospital number or NHS number.

Note: 3 identifiers are required otherwise the sample will not be analysed.

The **date** and **start time** of your collection.

The **date** and **finish time** of your collection.

What else should I do if the test is for 5HIAA?

Please avoid the following food items for 3 days before the test:

Bananas; pineapple and its juice; all tomato products; plums; aubergine (eggplant); avocado; kiwi and nuts: especially walnuts.

What else should I do if the test is for Creatinine Clearance Test?

Have your blood taken within 72 hours of start time or finish time of the 24 hour urine collection.

For convenience, have blood taken when collection containers are obtained or dropped off at the laboratory.