

## Patient information

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The Trust will not tolerate aggression, intimidation or violence.

# Two consecutive 24-hour urine collections

## What is the purpose of this test?

Your doctor has requested the measurement of substances in your urine which need to be collected over a 24 hour period. The different substances need to be collected in a different urine container over two 24hr periods. One of these containers will contain a preservative (acid) for the measurement of Catecholamines and/or 5-HIAA, whilst the other container without preservative is for the analysis of Cortisol.

Important points to note before proceeding:

- It is important that accurate collections are made of all the urine passed in the two 24 hour periods. Please ensure that the urine containers you have been given have the correct information on the labels. If your details have not been recorded, please write your name, hospital number (if you know it) and GP or Hospital name on the label.
- One of the containers will contain a preservative. This urine container will be clearly marked with a warning label - please read the warning label carefully. Do not pour out any liquid or powder that may already be in the urine container.
- You may find it more convenient to pass urine into the smaller container provided and transfer the urine into the larger collection containers.
- Please ensure that the urine is kept in a cool place at all times during the collection period.

## Procedure

### First 24-hour urine collection (container with preservative):

- NOTE: please ensure that you have also been given an information leaflet titled: '24-hour urine collection for Catecholamines and 5-HIAA'. Please store safely away from children.
- When you get up on the first morning of the collection, empty your bladder completely into the lavatory. Do not collect this sample. Write the exact date and time on the urine container label under the heading 'COLLECTION START'.
- Collect all the urine passed after this time into the urine container provided. All urine passed during the 24 hours (day and night) must be saved. Urine passed during bowel movements must also be collected.

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- At exactly the same time the following morning, empty your bladder again (first time after you get up in the morning) and add this sample to the collection container. This is the last sample to be included in the container with preservative. Write the exact date and time on the urine container label under the heading 'COLLECTION FINISH'.

**CAUTION:** this bottle contains acid to preserve the urine. If splashed on skin wash thoroughly with large amounts of water. If splashed in eyes wash thoroughly with water for 10 minutes and obtain medical attention.

### **Second 24-hour urine collection (container with no preservative)**

- Write the exact date and time of the first urine of the day on the second urine container label under the heading 'COLLECTION START'. This first urine is the same specimen you have just included in the first container with preservative.
- Collect all urine passed after this time into the second container with no preservative.
- All urine passed during the 24 hours (day and night) must be saved, including urine passed during bowel movements.
- The following morning, empty your bladder again (first time after you get up in the morning) and add this sample to the second container with no preservative.
- Write the exact date and time on the urine container label under the heading 'COLLECTION FINISH'.

Take the two 24-hour urine collections as soon as possible to the Pathology Department at Basildon Hospital, Orsett Hospital or St. Andrew's Centre or to your GP's surgery.

### **How do I get the results?**

The results will be sent to your doctor. For reasons of confidentiality the laboratory is not allowed to give the result to you. It may take approximately 2 weeks for the results to be available.

If you need any more information, please telephone the laboratory on 01268 524 900 extension 3029/3025 or ask your doctor.