

Patient information

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This information can be provided in a different language or format (e.g. large print, Braille or audio version) on request.

This is a smokefree Trust. Smoking is not allowed in any of our hospital buildings or grounds.

The Trust will not tolerate aggression, intimidation or violence.

Kidney stone screen

Your doctor has asked you to have some tests to assist in determining why you formed a kidney stone. Results of these tests will help decide your treatment and prevention of future stones. The tests include measurement of chemicals in your blood, such as calcium, and of levels of stone related chemicals in your urine.

Samples for the kidney stone screen consist of two 24-hour urine collections, a blood sample and a further urine sample collected when you have your blood sample taken.

You will be given 2 containers for collection of 24-hour urine samples. 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 the name of your GP or Hospital on the labels.

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 empty out any liquid or powder that may already be in the urine container.

You may find it more convenient to pass urine into a small clean container and transfer the urine into the larger collection container.

Please ensure that the urine is kept

in a cool place at all times during the collection period.

Procedure

Important: The collection of the first 24-hour urine must not start on a Thursday or Friday, as on completion of the second 24-hour collection you will need to attend Basildon Hospital on a weekday.

1. When you get up on the first morning of the collection, empty your bladder completely into the lavatory. Do not collect this sample, however write the exact date and time then on the urine container label under the heading 'COLLECTION START'.
3. Collect all the urine you pass 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.

4. When you get up on the second morning, (at exactly the same time as the previous morning), empty your bladder again 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'.

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5. Second 24-Hour urine collection (container with no preservative)

Write the exact date and time of the first urine of the day on the 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.

6. 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.
7. 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.

Collection of blood sample and Urine

The same morning that you complete the second urine collection, please bring both 24 hour urine collections to the Pathology Department at Basildon Hospital (open from 8.00 am).

You will be required to give a further small urine sample and have a blood test.

Blood test appointments must be pre-booked, online or by telephone.

If you are unable to access the online booking system, you can book a blood test appointment by calling 01702 746 065

How do I get the result?

The result will be sent to your doctor who will normally receive it a few days after the test. For reasons of confidentiality the laboratory is not allowed to give the result to you.

If you need any more information, please telephone the laboratory on 01268 524900 extension 3029/3025 or ask your GP.