Royal United Hospitals Bath
NHS Foundation Trust

24 Hour urine collection bottle instructions

Metabolic stone screen

You have been asked to complete a collection of your urine over 2 x 24 hour periods because you have or have had stones in your kidneys. The purpose of these collections is to find out if there is any underlying health problem that could be causing you to make kidney stones'.

What you will be given

Your urology doctor, urology nurse or GP will have given you 2 large bottles to use for the 24 hour collections and another bottle with a white screw top bottle which need to be filled.

It does not matter in what order you fill the bottles.

- **White screw top bottle** – please provide a specimen of urine in the screw top bottle and give back to the hospital or GP immediately to send to the labs.
- **Large collection bottles** (5 litres) – one bottle contains a liquid and the other is empty.

  Please be careful as the liquid is ACID. Do not remove it or rinse the bottle out – it is supposed to be there as a preservative for one of the tests.

  Please ensure the lid of these bottles is kept shut at all times and the bottles remain upright.

  Please keep out of reach of children and pets.

  Do not urinate directly into the bottles – urinate into a clean, dry jug and pour it into the bottle.

  Do not stick your fingers into the bottles.

  Keep the bottles cool in between filling and away from direct sunlight.

How to complete the collection

- It is best to choose a day when you are free to collect the two 24 hour sample i.e. a day off work/school.
- If you go out take the bottle you are filling that day with you.
- Do not change what you would normally eat or drink when collecting your urine.
- Start the 24-hour collection in the morning, **AFTER** your first urination of the day.
- Collect all urine, including overnight and the first urination of the following day.
- If you pass urine when you have a bowel motion this urine needs to be collected too.
- **Please label the first bottle with your name and date of birth. Write the date and start and finish time of the 24-hour collection on the label**.
- Return the first bottle on day of collection to your GP surgery or to the Urology Department D11. The sample will need to be kept in the fridge if you cannot return it immediately.
- Repeat the whole process again as above for the second bottle and when completed return the bottle immediately or keep it in the fridge until you can.
- **Please label the second bottle with your name and date of birth. Write the date and start and finish time of the 24-hour collection on the label**

Contact details:

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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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