

# 24-hour urine collection for kidney stones

This leaflet explains more about a 24-hour urine collection, including instructions on how to collect your urine. If you have any further questions or concerns, please speak to your doctor or nurse in the clinic.

## What is a 24-hour urine collection?

It is a test that involves collecting urine in special bottles for **two** 24-hour periods. This means that you will need to collect urine on two separate days.

The two bottles for collecting urine are different. The bottle for day **one** contains acid as a preservative and is marked with a **red** label, and the bottle for day **two** is empty and marked with a **blue** label.

## Why should I have this test?

This test can help us to discover why your kidneys form stones and to guide you how to prevent stones in the future.

## What do I need to be aware of during the collection?

When handling the bottles, please take the following precautions.

- Make sure that the bottles given to you are kept upright at all the times as the bottle that contains the acid preservative may leak and cause irritation to your skin. If this happens, wash the area with plenty of cold water. Please inform your doctor if the skin irritation does not get better. If the bottle leaks, please ask us for a replacement.
- Keep the bottles away from children.
- Do not empty the bottles.
- Make sure that the lids on the bottles are kept tight.
- Keep the bottles in a cool, dark place.
- **Always pass urine into the plastic jug given to you.** Passing urine directly into the bottles can be difficult and contact with the acid preservative is not recommended.

## How do I collect the urine?

The two bottles you will be given for the test hold two litres (4½ pints) of urine each. If you think you will produce more than two litres of urine in 24 hours, please ask for a second bottle. Please do not use your own bottle.

### Day one

- In the morning, empty your bladder as normal into the toilet. All the urine collected **after** this, for the next 24 hours, must be collected into the **bottle containing acid (marked with a red label)**. Use the jug provided each time you pass urine, then pour it into the bottle. **Do not pass urine directly into the collection bottle.**

### Day two

- In the morning, empty your bladder into the jug and pour the urine into the **bottle containing acid (marked with a red label)**.
- Write your name, hospital number, date and time that you started and finished this collection on the label attached to the bottle.
- All the urine you pass from now on, for the next 24 hours, must be collected into the **bottle without acid (marked with a blue label)**. Use the jug provided each time you pass urine, then pour it into the bottle. **Do not pass urine directly into the collection bottle.**

### Day three

- On the morning of the third day, empty your bladder into the jug and pour it into **the bottle without acid (marked with a blue label)**. This completes the two 24-hour urine collections.
- Write your name, hospital number, date and time that you started and finished this collection on the label attached to the bottle. Writing this information is essential and ensures that the results are accurate.

Keep the bottles in a cool, dark place in between the times that you pass urine.

If you have a bowel movement, you must collect the urine separately. If you cannot do this, you will have to stop the collection and start again using a new container.

## What happens after the 24-hour urine collection?

After you have completed the collection, you will need to bring both bottles to the hospital **as soon as possible (within one day)**.

Stone Unit, 2<sup>nd</sup> floor,

Tower Wing, Guy's Hospital

Urology Centre, 1<sup>st</sup> floor

Southwark Wing, Guy's Hospital

Please do not bring the bottles in on separate days as the urine collected in both bottles must be tested at the same time.

## What do I need for the 24-hour urine collection?

We will give you the following items before the test:

1. one 24-hour urine collection bottle containing acid preservative (marked with a **red** label)
2. one 24-hour urine collection bottle without acid preservative (marked with a **blue** label)
3. one plastic jug
4. a copy of this leaflet.

## When will I have my results?

The results will be available six to seven weeks after the test. Your consultant will discuss the results with you at your next appointment.

## Contact us

If you have any questions or concerns about this test, please contact the Stone Unit or the Urology Centre on 020 7188 8563 (Monday to Friday, 9am to 5pm).

You can also contact the stone nurse practitioners by calling the hospital switchboard on 020 7188 7188 and asking for the bleep desk. Ask for bleep 0384 and wait for a response. This will connect you to one of the stone nurse practitioners directly.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815      **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

## Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319      **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)      **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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