

24-HOUR URINE COLLECTION - INSTRUCTIONS FOR PATIENTS

Purpose:

24-hour urine collection is necessary to evaluate your child's kidney function or to measure how much your child excretes certain constituents. Accurate timing and collection is very important in order to obtain valid results.

Patient preparation:

No special preparation is needed, unless you've given specific instructions by your child's physician or the lab. Patients should maintain regular eating and drinking habits before and during the collection period.

Method :

1. On the day of the collection, do not collect your child's first morning urine – he or she may urinate as usual in the toilet. Make sure, however, to record the time (for example, 7:00 a.m.) and date on the bottle label.
2. Collect all of your child's further urine in the bottle. It may be larger than needed (if not, you can use another suitable clean and dry container). For your convenience, your child may urinate into a separate container, which should be clean and dry, and you may then transfer the urine to the bottle as soon as possible. Avoid contaminating your child's urine with stool.
3. Refrigerate the urine bottle during the whole collection period between urinations.
4. The following morning, have your child empty his or her bladder and collect this urine in the bottle. This should be done at the same time as on the day before (for example, at 7:00 a.m.). Record the time and date on the bottle label. This completes the 24-hour urine collection.
5. If you are collecting your child's urine for another 24 hours you should now label another bottle with the date and time, and collect your child's urine in this bottle until the next morning.
6. It is very important that you collect all the urine your child produces, day and night. Therefore, you must carry his or her collection bottle with you during this 24-hour period.
7. Urine bottles for the collection of metanephrines (catecholamines), and 5-HIAA contain acid as a preservative, which causes burns on skin and clothing. To avoid splashing yourself or your child with acid, collect his or her urine in a separate container first, as described in point 2.
8. Make sure that your child's name and hospital unit number (or medicare number, if not available) are marked on the label of the bottle and on his or her requisition. If this is absent, we cannot accept your child's urine.

Return the specimen together with the doctor's requisition, and your child's hospital card as soon as possible, preferably on the day you finish the collection. Specimens may be dropped off from Monday to Friday between 7:00 a.m. and 5:00 p.m. (room B02.5118). We are closed on holidays.
