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## WHAT IS A 48HR URINE COLLECTION?

A urine collection is a simple diagnostic procedure that measures the various components of urine i.e. what your kidneys are excreting.

Urine consists of water and dissolved chemicals, such as sodium, potassium, urea (formed from protein breakdown), and creatinine (formed from muscle breakdown), along with other chemical compounds such as oxalate. Normally, urine contains specific amounts of these waste products. If these amounts are not within a normal range, or if other substances are present, it may be an indication of a particular disease or condition. The results of a urine collection may provide information to help your doctor make or confirm a diagnosis.

It involves you collecting your urine for 24 hours or 48 hours. You will usually be asked to do a 48-hour collection. The first collection of urine will be added to a small amount of acid. The second collection will be without the acid.

### **Why is this test required?**

Your kidney stone team has asked you to do this, so that we can assess if there is a metabolic cause for your recurrent stone formation.

### **What else is required for a metabolic screen?**

As well as the urine collection you will also have a full set of bloods to include: FBC, Renal, Parathyroid Hormone, Vitamin D and Calcium. Please make sure your Urologist has requested these tests.

## IMPORTANT INFORMATION TO BE AWARE OF BEFORE STARTING A 48-HOUR COLLECTION:

Certain factors or conditions may interfere with the accuracy of a urine collection.

These factors include, but are not limited to, the following:

- Forgetting to collect some of your urine
- Going beyond the 24-hour collection period and collecting excess urine
- Losing urine from specimen container through spilling
- Not keeping urine cold during collection period
- Acute stress
- Vigorous exercise
- Not filling in all the details such as the time and date of the start and finish of each collection
- Using containers other than those supplied to you for example jam jars or juice bottles.

## INSTRUCTIONS ON HOW TO COLLECT YOUR URINE:

- You have been given 2 bottles in which to collect the urine, one larger one with a red label and liquid (acid) in the bottom and one smaller plain bottle with no liquid in it. The smaller container holds 2 litres, so if you think you make more urine than this in 24 hours, please ask us for a second container. Test results are based on the total amount of tested substance excreted by your body over a 24-hour period.

- You should aim to collect every drop of your urine during the specified 24-hour period. You have been asked to do two 24-hour collections. This is because the large container has liquid (Acid) in it, and the smaller one does not.
- It does not matter what the volume of the urine is, as long as it represents every drop that you pass.
- If you have a bowel movement, you must collect the urine separately.
- If unable to do so you should stop this collection and start again on another day, using a fresh container.
- Females should avoid collection during a menstrual period.
- Drink as much fluid as you normally would over the course of the collection.
- Please do not use collection containers other than the one(s) you have been given.

**Plan your 48-hour collection on a day off or the weekend if you are not able or comfortable to do it at work. But remember, if you go out; do take your collection bottle with you!**

**Collection method:**

The information your clinician gets from these samples is only as accurate as your collection procedure, therefore it is important that you collect the urine as follows:

**Day 1**

**Bottle 1: The larger of the two bottles with a Red Label on the back and acid in it**

1. Begin at the usual time that you awake.
2. At that time, pass your urine, flush it down the toilet and note the exact time. Do not collect this urine. You will now have an empty bladder. Please note both the date and time on the collection bottle label, where it says 'start date and time'.
3. You are ready to start the collection of urine from this time. Collect every drop you pass during the day and night, for 24 hours.
4. Keep the sample container cool(not in the fridge!), but maybe down by the side of your toilet, away from a radiator; closed and protected from light between each time you pass urine.
5. Finish the collection by passing urine at **exactly the same time the next morning**. You should add this final specimen to the acid bottle too. The time you pass the last urine specimen should not be more than five or ten minutes from the time you started the collection the previous day. This is the end of the first collection. Please note both the date and time on the bottle label.

**Day 2**

**Bottle 2: The smaller of the 2 with no acid in it.**

1. Begin at the same time that the last collection ended. Write this time on your second bottle and then collect all subsequent urine (again every drop you make) until the exact same time the next day, just like your last collection.
2. This is now a completed 48-hour collection and you should return this to us as soon as possible after completion.