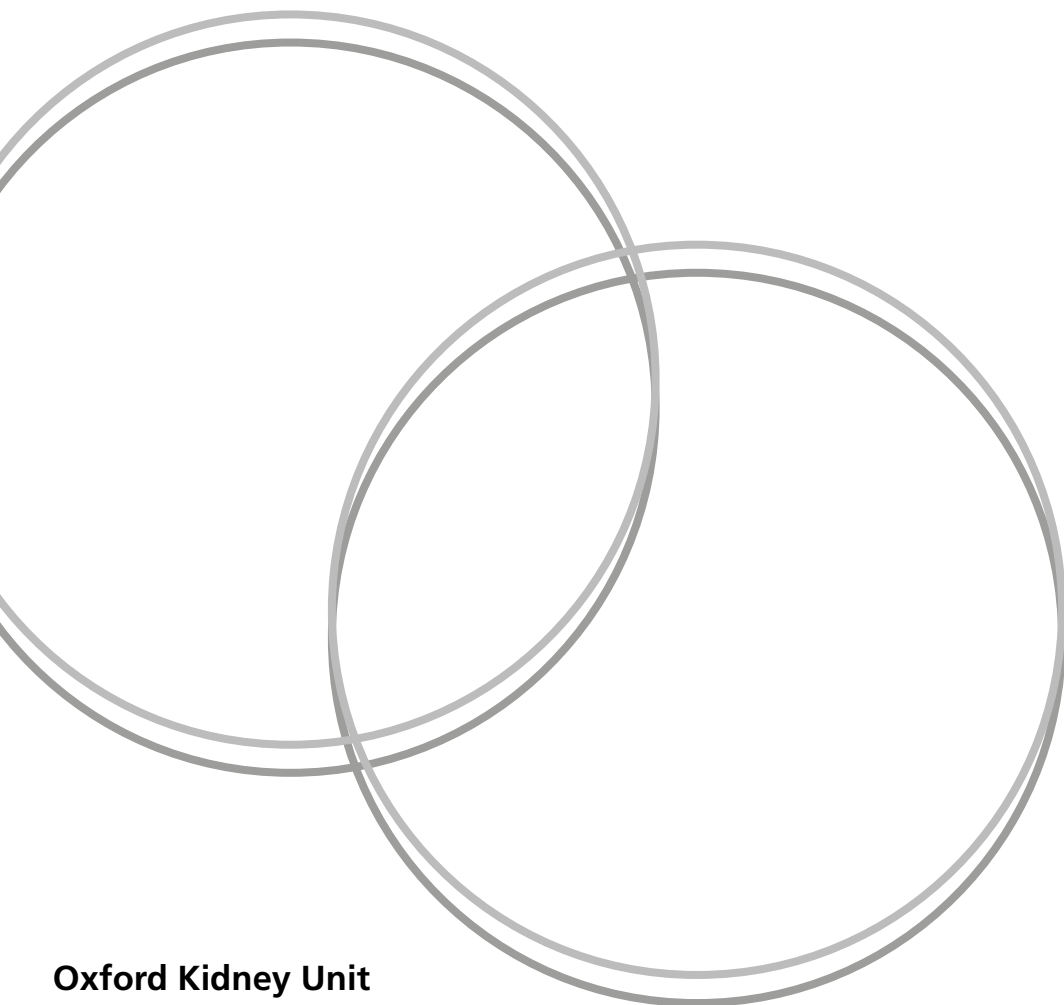


24 Hour Urine Collections for Kidney Stones

Information for patients



You have been asked to perform a 24-hour urine collections. The purpose of this test is to find out what is causing the kidney stones to form so that we are able to treat you more effectively.

What are kidney stones?

Kidney stones are crystals made from chemicals found in urine. These stones may stay in the kidney and grow, or dislodge and try to pass down the urine pipe (ureter) into the bladder.

What do I need to do the collections?

You will need 2 cans, a jug if you are female and 2 labels for the cans.

Please check the labels to make sure they have the correct name and date of birth.

These can be posted to you or you, a family member or friend can collect them from Renal Day Case. Please phone Renal Day Case to arrange posting or collection.

Instructions for the 24-hour Urine collections

You may find it easier to collect each specimen during the day into the jug provided and then transfer it to the bottle provided. It is important to empty your bladder and collect the urine before having your bowels open to avoid losing any urine. The two 24-hour urine samples should be collected on consecutive days.

All the urine samples from **day one** should be put into the bottle with the **red lid** labelled 'Acid Collection'. The acid acts as a preservative. You must take the following steps to make sure the acid does not cause any harm to you or others:

- keep the bottle upright at all times
- keep the bottle out of the reach of children
- do not empty the bottle
- keep the bottle in a cool place
- if acid should accidentally come into contact with the skin, wash the area immediately with plenty of colds water.

Day One

1. Completely empty your bladder when you first wake and flush this urine away.
2. Collect **every** sample of urine passed after this time until exactly 24 hours later.
3. At the beginning of day 2 you should empty your bladder completely and include this in the collection from day one.
4. Place the label on the can that say 'Acid'.

Day Two

1. The urine collection for day 2 starts at the same time you completed your last urine collection on day 1.
2. The next time you go to the toilet for the next 24 hours you should collect your urine into the bottle with the plain white lid. The bottle contains no preservative and should be kept in a cool place at all times.
3. Place the label on the can that says 'Plain'.

Day Three

At exactly the same time that you started the urine collection on day 2 you must empty your bladder and include this in the bottle from day 2.

When the second 24-hour sample is completed on day 3, make sure the lid is tightly on.

Where do I take it?

Please bring both of the cans to:

- The Renal Day Case Unit at the Churchill Hospital, ask for the Nurse in Charge.

If you are unable to bring the specimen in yourself, a friend or relative can do this for you.

We will write to you with the results of this investigation or your kidney doctor will discuss this with you at your next clinic visit. This might take up to 4 to 6 weeks.

Further information

Oxford Stone Group

Lots of information about all aspects of kidney stones

Website: www.nds.ox.ac.uk/research/osg

Contacts

Renal Day Case

Tel: **01865 226 106**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Katherine Bull, Kidney Consultant
Giada Donnini, Renal Day Case Manager.
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charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

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