

Urology Outpatients department

24 Hour Urine Collections for Kidney Stones

Information for patients



You have been asked to perform a 24-hour urine collection(s). 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.

Instructions for the 24-hour Urine collection

The two 24-hour urine samples should be collected on consecutive days.

Day One

1. Completely empty your bladder at 8am and flush this urine away.
2. Collect **every** sample of urine passed after this time.
3. At 8am the following day (day two) you should empty your bladder completely and include this in the collection from day one.

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)

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
- if acid should accidentally come into contact with the skin, wash the area immediately with plenty of colds water.

When the collection is complete, ensure the red lid is on tightly and keep it in a cool place.

Day Two

1. Start the collection for day two after you have completed your urine collection at 8am in the bottle marked 'Acid Collection'. From the day before.
2. The next time you go to the toilet after 8am you should pass your urine into the bottle with a plain white lid.
3. Put all the urine you pass after this in the bottle.
4. At 8am the following morning (day three) you must empty your bladder and include this sample in the bottle from day 2. The bottle contains no preservative and should be kept in a cool place at all times.

Where do I take it?

When the second 24-hour sample is completed at 8am on day

Three, ensure the lid is tightly on and both collections brought in that day. Please ensure that your name and relevant details are on each of the specimen containers, especially the date and time.

Please bring these to either:

- The Urology Outpatient Department at the Churchill Hospital or
- Specimen Reception, level 4, John Radcliffe Hospital.

If you are unable to bring the specimen in yourself, a friend or relative can do this for you or you can enquire at your GP's surgery as to whether they have a daily specimen collection up to the John Radcliffe Hospital.

We will write to you with the results of this investigation. This might take up to 4 weeks.

Further information

For further information on kidney stones, please visit the Oxford Stone Group at www.nds.ox.au.uk/osg or contact

Emily Grout
Urology Research Nurse
Urology Outpatients department
Churchill hospital

01865 226724 Monday - Friday 08:30 - 16:30 Please leave a message on the answer machine if unavailable.

Or contact via Bleep 5075 through the Churchill Hospital switch board 01865 741841

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@ouh.nhs.uk**

Author Emily Grout
Version 1, January 2013
Review January 2016
Oxford University Hospitals NHS Trust
Oxford OX3 9DU