

Produced by Dr. David Voss, Specialist Renal Physician  
in the interest of public health education.

[www.kidney.net.nz](http://www.kidney.net.nz)

## **24 Hour Urine Information Sheet**

### **Instructions on how to collect a 24 hour urine**

Sometimes it is helpful to have a 24 hour urine analysis done to assess either your kidney disease or the management of it.

I typically request 24 hour urine tests in investigating kidney stone disease (typically you will have to do 4 of these. 2 for creatinine clearance, sodium and uric acid excretion and 2 for oxalate and calcium excretion). Sometimes you need to do a 24 hour urine for cystine excretion in the uncommon cause of familial cystine stones. 24 hour urine collection is also useful in the analysis of sodium intake and people with salt and water retention or hypertension.

Occasionally I will also request you to have a 24 hour urine analysis of your urine to assess kidney function (creatinine clearance) or proteinuria (amount of protein excreted) when either the blood test or urine test don't explain the full situation. Commonly this is required in people with particularly low or high muscle mass being investigated for abnormal serum creatinine levels.

### **Instructions**

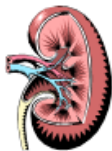
It is simple to do a 24 hour urine but it is also easy to make an error. I would rather have an accurate 24 hour urine collection than you make an error. I can usually tell if the urine collection is not a 24 hour collection and it's better to do the job properly in the first place.

If you realise that you have not done it correctly discard the urine and then start again. **If your urine collection has an acid preservative in it (calcium and oxalate collections) then do return to the laboratory to get a new acid-preservative container if you discard the contents.**

### **Tips**

1. Please do not get the blood tests done that are also on the urine test form when you pick up the container. Get them done when you return the container with your urine collection in it.
2. Empty your bladder into the container before you pass a bowel motion.
3. If you get caught short and pass urine during the 24 hour period without putting it into the container do not worry discard all the urine and start again.
4. I recommend you do the 24 hour urine collection on a day off from work or a day that you are going to be spending more time at home rather than a day you are going to be busy and out and about where "getting caught short" is more likely.
5. It is best to do the 24 hour urine completely correct once rather than having to redo it

**I recommend you print this sheet out and keep the instructions handy to your urine container to follow.**



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There are 3 important steps:

*It does not matter what time you start the 24 hour urine clock time but you must record this start time and similarly aim to finish as close to this time 24 hours later.*

1. Start time. Write the time you emptied your bladder here \_\_\_\_\_

Empty your bladder into the **toilet** this urine is discarded. This is the start time of the urine collection therefore I do not want this urine collected into the container. This will now empty the [urinary tract](#), including the [bladder](#) of any urine.

2. All urine produced throughout the next 24 hour period from the start time above until 24 hours later now must be collected into the container(s). All urine passed including that when you pass a bowel motion and overnight toilet visits must go into the container.

I recommend that if you are going to have a bowel motion you first empty your bladder into the container before passing the bowel motion into the toilet. Obviously if you are not well with diarrhoea or you get “caught short” or you forget then this will be a good time to discard the urine and wait some time until your condition has settled and you are able to collect the urine without these complications. It is important that you collect the urine that you pass overnight.

3. The next day (24 hours after you have started the urine) – the time you have recorded under point 1 above, you then empty your bladder. Even if you just went to the toilet only an hour ago please empty your bladder into the container again. Then screw the lid on to the top of the container and now you have now finished your 24 hour collection.

Please take the urine to the laboratory as soon as possible and if there are blood tests to be done with the urine this is a good time to get them done.

**If you have any further queries feel free to email me [david.voss@kidneykare.co.nz](mailto:david.voss@kidneykare.co.nz)**

David Voss

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