



SDRN: Scottish Diabetes Research Network

24 Hour Urine Collection

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Clinical S.O.P. No.: 3

Version 1.0

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SCIENTIST
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DOCUMENT HISTORY

Version number	Detail of purpose / change	Author / edited by	Date edited
1.0	New SOP	Shona Brearley	

1. Introduction

A 24-hour collection of urine into a plain container can be used to estimate excretion of sodium and potassium, creatinine and microalbumin.

2. Objectives

To describe the procedure for collecting a 24 Hr urine sample and promote uniformity within the SDRN in accordance with ICH GCP guidelines.

3. Responsibilities

Only nurses who have been trained in the ID and specimen handling processes should be dealing with the samples in accordance with ICH GCP guidelines. All bodily fluids should be considered as potentially infectious material and should be handled accordingly.

4. Equipment

- Patient information sheet
- One 5-litre 24hr urine collection container. Plain, no additives.
- Jug

5. General points

- Inform patient of need for sample and obtain verbal consent.
- It is important that the patient understand the process, and to that end, a full verbal explanation should be given along with a written information sheet repeating the same details. This sheet should have a contact name and phone number included, allowing the patient to call and ask any questions or clear up any misunderstandings.
- Ensure that the patient understands that 1 missed sample will impair/invalidate the results obtained from that collection.
- The patient is going to be asked to do this at home at a time and date that is convenient for him/her.

6. Procedure

- Issue patient with the equipment required to carry out the collection: The 5 litre urine container, jug and 'Participant Information Leaflet'.
- Verbally run through the information sheet, making sure they understand what is expected of him/her.
- Make sure it is understood that they must collect **all** the urine passed in the 24hour period.

- Point out the contact name and telephone number on the form, should there be any problems.
- Ask them to mark on the container the date and time of starting and finishing the collection.
- Give the patient details of where to return the collection when complete.
- Explain that the sample must be kept in as cool a place as possible, and not sit near any heaters / radiators.
- The sample must be returned on the same day as completion of the collection.

7. Method

See – ‘Participant Information Leaflet’. (Appendix 1)

(APPENDIX 1)

Participation Information Leaflet

How to Collect Your 24 Hour Urine Sample

Why Collect this type of sample?

This test is important as it lets us know how well your kidneys are working. It is essential that you collect *all your urine passed in a 24 hour period*.

When should you do the collection?

Choose a day that is most convenient to yourself as you will need to have the collection bottle at hand each time you pass urine. The collection must be returned to the Research Unit on the same day as completion, so should not be started on a Friday or Saturday, as the Unit may be closed.

What do you have to do?

- When you get up first thing in the morning, go to the toilet and pass urine as normal.
- This is now the **START** time of the collection, so take note of the time and date and write it down on the back of this sheet.
- After this you will collect all of your urine for the next 24hrs in the 5 litre plastic bottle.
- Each time you pass urine, collect it in the jug provided, and then carefully pour it into the 5 litre container.
- Rinse the plastic jug and hand dry it (with some toilet tissue)
- If for any reason a sample is missed e.g. you forgot to collect or spilt some urine, write this down on the back of this sheet.
- It is important to keep the collection bottle in a relatively cool place as much as possible. **Do not sit it beside any heating appliance.**
- Your collection ends exactly 24hrs after it began. For example if it started at 8am on Monday, it would finish at 8am on Tuesday. You should try and empty your bladder 5 minutes before the finishing time.
- Make a note of the actual time your collection ended and write it down on the back of this sheet.
- When you have completed your collection of urine:
 1. Make sure the lid of the container is properly tightened (you don't want to spill it!)
 2. Return it, along with this sheet, to the Diabetes Research Unit as soon as possible on the day of completion.

What happens if you have any problems?

We are only a phone call away. If you have any problems at all please contact your local contact;

Name:

Telephone Number: