

Instructions for day/night urine collection for Cystinuria



Exceptional healthcare, personally delivered

Instructions for day/night urine collection for Cystinuria

Please read the instructions carefully, make sure that you are prepared and follow each of the steps to ensure proper collection.

The sample container contains a preservative (strong liquid acid), this **must not** be thrown away.

Care should be taken not to spill or touch any as it could burn the skin, even when mixed with urine. If you spill the acid, advice for first aid for skin/eye contact is provided on the back of the container.

How do I collect the specimen?

1. Collect every drop you pass during the day and night as follows:
2. Select a day when you will be at home (Sunday is probably best).
3. When you get up in the morning, pass urine **into the toilet** –

The collection of urine will start from this time. Please note both the DATE and TIME on the white 'DAY' collection bottle AND at the bottom of this form where it says 'start date and time -DAY'.

- Collect all the urine you pass from then on in the white 'DAY' collection bottle and finish this collection by emptying your bladder before going to bed. Collect this urine and add it to the bottle. Please note the **date and time** of this on the white 'DAY' collection bottle AND at the bottom of this form where it says 'finish date and time - DAY'.

- Any urine passed overnight should then be collected in the blue 'NIGHT' collection bottle.
- On waking the next day, empty your bladder and collect this urine. You should add this to the blue 'NIGHT' collection bottle. Please note the **date and time** of this on the black 'NIGHT' collection bottle AND at the bottom of this form where it says 'finish date and time - NIGHT'.

After the sample has been collected

Check the cap is screwed on firmly.

Carefully fill in all details required on the container labels including your name, date of birth and hospital/NHS number.

Please note: Any container received unlabelled cannot be accepted and you would have to repeat the collection.

If you don't have your NHS/Hospital number or the barcode label please contact your GP surgery, ward or clinic.

What to do with the collected sample

Check that all the details have been filled in clearly on the label.

Deliver the container and the form as soon as possible direct to the laboratory, hospital or your GP.

Laboratory Specimen Reception, Pathology Sciences Building,
Southmead Hospital, Bristol BS10 5NB

Opening hours 8am – 10pm

References and Further Information

Further information can be found at www.labtestsonline.org.uk and www.nbt.nhs.uk/severn-pathology

Department of Blood Sciences – Day/night Collection

It is essential that ALL details below are completed

Hospital/NHS Number:

Name:

Date of birth:

Doctor:.....

Test Requested:.....

Clinic/GP surgery

Start date and Time-Day:

Finish Date and Time-Day:

Finish Time-Day-Night:

Please affix
ICE label here

**PATIENT
APPROVED** 



If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

© North Bristol NHS Trust. This edition published December 2017. Review due December 2019. NBT002316



take part...
be **involved...**
in research

While in our care, you may be invited to take part in a research study.

To find out more visit:
www.nbt.nhs.uk/research



southmeadhospitalcharity.org.uk

Southmead Hospital Charity raises funds for departments and wards throughout the Trust, meaning you can support an area close to your heart