Please obtain a container for a 24 hour urine collection locally - if you have difficulty please contact us. It must be a ‘plain’ container with no additives.

1. You must collect all the urine produced by your body over a 24 hour period.

2. Begin collecting your urine the day before your appointment at the National Amyloidosis Centre.

3. When you rise on the morning you begin the 24 hour urine collection, you must empty your bladder normally into the toilet - do not retain this sample. Record the time you do this. From this point on, and for the next 24 hours, you must collect all your urine in the container.

4. Write your name and the date on the bottle, together with the exact time you started the collection, i.e. the time you emptied your bladder (into the toilet) first thing that day.

5. During the next 24 hours you must collect all your urine in a measuring jug and decant it into the container. If you pass urine during the night this must also be collected. It may be helpful to leave the measuring jug and/or the 24 hour urine container on or near your toilet seat as a reminder!

6. The following morning collect your urine for a final time exactly 24 hours after the specified start time, thus completing the collection. You must produce this final urine sample at the specified time, regardless of whether you feel the need to empty your bladder. See example below.

7. Write the finish date and time on the specimen container. Please ensure the cap is closed and tightened securely to prevent leakage in transit.

8. Bring the completed 24 hour collection with you to the National Amyloidosis Centre.

Example:

If you get up at 7:35 am on the day of the collection, empty your bladder into the toilet, and record 7:35 am as the starting time. It is vital that this first sample is not collected in the container! Collect all urine produced by the kidneys over the next 24 hours, completing the collection by passing and collecting a final urine sample at exactly 7:35 am the following day.

Importance of this test:

This 24 hour urine collection is a far more accurate test of kidney function than any blood test. This simple, but slightly inconvenient procedure, is one of the most vital tests in patients with amyloidosis.

If you have any questions about the above please contact:
Eleanor Pyart (Senior Clinic Co-ordinator) on 020 7433 2738.