

24 hour urine test

for people with kidney stones

What is a 24 hour urine test?

The test measures how much urine you produce in a 24 hour period, the acidity of the urine and the amount of certain substances in it such as calcium, sodium, uric acid, oxalate, citrate and creatinine.

Why is it necessary?

Analysis of a 24 hour urine test can show if certain substances are found at high amounts in the urine and might be causing kidney stones. Some substances which prevent stone formation may be at low levels in the urine.

The information in the 24 hour urine test, in combination with other tests like blood tests and x-rays can help find out the cause and location of the stones and guide the treatment that might help prevent more stones.

When should the test be done?

The 24 hour urine test should be done when you are feeling well, and you are not being treated for a urinary tract infection or within two weeks of passing a stone and 4 weeks before your doctor or dietitian appointment.

What else do I need to know?

Eat and drink normally for you.

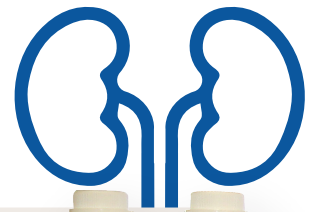
What you eat and drink during your 24 hour urine test will be represented by your test results. Do not do the collection on days when you may have made big changes to your usual diet e.g. your birthday or sporting event.

How do I complete a 24 hour urine test?

You will be given kidney stone 24 hour urine test forms for your collections. Please follow the instructions on how to complete a [24 hour urine test for people with kidney stones on the following page.](#)



24 hour urine test for people with kidney stones



Collect bottles

- Collect your 24 hour bottles at one of the 2 LabPlus sites or one of the Labtest sites listed on Maps and Addresses form.

Caution: The bottle contains a hazardous liquid- do not spill or discard.

- Write your full name, date of birth and patient number (if known) clearly on each 24 hour bottle label.

Collect every drop of urine during the 24 hour period

- It does not matter how much or little urine is provided for each test, as long as every drop is collected.

How to do the collection

NOTE: Do not start your collection on a Saturday as collection rooms are closed on Sundays.

- 1. START** urine collection when you wake up after passing your first urine in to the toilet and note the time.
 - Write the Start Time and Date on the bottle under 'collection period from ...'
- 2. DURING** the next 24 hours collect every drop of urine you pass during the day and night.
- 3. FINISH** the collection exactly 24 hours after the start time.
 - Empty your bladder and collect the urine. (Even if you feel you do not want to pass more)
 - **Write the FINISH TIME and DATE** on each 24 hour bottle label. If more than one 24 hour urine bottle is used, label the bottles 1 and 2.
 - Store the 24 hour bottles **in a cool place** until drop-off at the lab.

When doing more than one 24 hour collection:

- If collecting two 24 hour urine collections leave a gap of 24 hours between each 24 hour collection.

Where and when to drop off bottles:

- Drop off your 24 hour bottles **as early as possible and no later than 6 hours** after each collection has finished to ensure test accuracy.
- Drop off 24 hour bottles and request form to either LabPlus collection rooms or designated Labtest collection rooms. **NOTE: Only the drop-off rooms on the Maps and Addresses form can accept 24 hour urine bottles.** Please check opening times.

For further information please contact:

Lab PLUS | Auckland City Hospital Laboratory | Lablink 0800 LabPlus