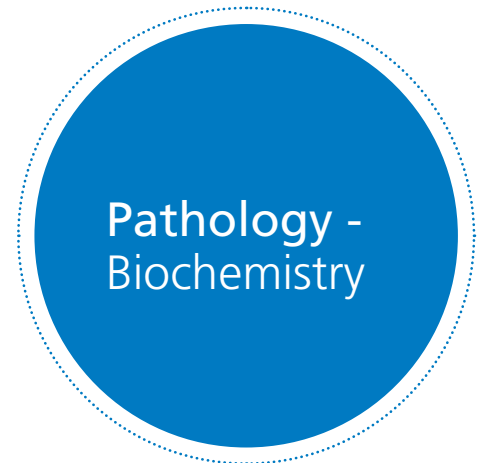


Patient instructions for the collection of a 24 hour urine sample for copper estimation



Patient Information

This bottle has been specially prepared for your test. You should also be provided with a prepared container to help you collect the urine; you can then pour this into the large bottle. Please do not use any other container to collect your urine into as this may affect the test result.

The laboratory requires all the urine produced over a 24 hour period to perform the test your doctor has requested. The more accurately this is done, the more accurate is the result the lab produces. As most individuals get out of bed at the same time each morning this is the best time to start. 8am is used in the example below.

Day 1 – 8am: - Empty your bladder and **discard** the urine. We do not require this sample.
From this time all urine you pass during the day **must be saved** into the bottle provided.

Day 2 – 8am: - Empty your bladder and **save** this in the bottle.
The collection is now complete.

Screw the top on tightly. Ensure your details are completed on the bottle label. Put the bottle in the plastic bag provided and seal with the elastic band. Attach the pathology request form, given to you by your doctor, to the plastic bag using the sticky strip on the form.

Your completed urine collection should be taken to **pathology laboratory reception, The James Cook University Hospital, Middlesbrough, TS4 3BW, or to the Pathology Laboratory, Friarage Hospital, Northallerton, DL6 1JG** or to wherever you have been instructed to take it by your doctor.

Please ensure that you also bring the accompanying request form, as given to you by your doctor. If you misplace this form then please contact your doctor for a duplicate.

If you have any queries please contact the **clinical chemistry department at The James Cook University Hospital, telephone: 01642 282631 or the biochemistry department at the Friarage, telephone: 01609 763036.**

