

Information about 24 hour urine collection in the management of Neuroendocrine Tumours

Cancer Services

Information for patients

Produced: Jul 2023

Review: Jul 2026

Leaflet number: 579 Version: 5

Why do I need this test?

Your consultant has asked you to collect all your urine for a 24 hour period. This is to check whether you are releasing certain substances in your urine. It is important to find out this out to assess and manage your neuroendocrine tumour (NET)

What equipment do I need in order to collect my urine?

The hospital will provide you with a suitable container to collect all your urine in for the 24 hour period. Do **not** pass urine directly into this container as it contains chemicals which could be harmful if in contact with your skin. Please ensure that you have a suitable clean container to catch any urine you might pass, which you can then pour carefully into the collection bottle.

You will be given a request form to put with the completed collection and a black bag to keep the sample away from light. Please keep the bottle in the black bags at all times, apart from when you are adding to your collection.

What do I need to do to prepare?

Please ensure that for three days before you start your collection (and on the day itself) you do not eat or drink the following, as they can affect the results:

Alcohol	Olives	Caffeine
Aubergine	Oranges	Coffee
Avocado	Pineapples	Tea
Bananas	Plums	
Chocolate	Tomatoes	
Kiwi fruit		
Nuts—Brazils, cashews, walnuts		

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Do I need to do anything to prepare? (continued)

You will also be advised to stop the following medications during this time:

- paracetamol (please ask your doctor about alternatives)
- cough mixture.

Your doctor may advise you to stop other medicines as they may affect the results.

It is a good idea to do your collection towards the beginning of the week, so that the specimen is not waiting in the laboratories over the weekend. It is also easier if you select a day when you are likely to be at home. If you do need to go out then you are advised to take the collection bottle with you.

What do I need to do on the day of the collection?

On the morning that you start your urine collection, empty your bladder as usual in the toilet. This sample does not need to be collected, but make a note of the time that it was passed.

From that time onwards and for the next 24 hours every time you empty your bladder, please collect all your urine and place in the container provided. After 24 hours, completely empty your bladder (whether or not you feel you need to) - this will be the last urine to go into the collection container.

Please take the collection in the black bag to any of the reception desks at Leicester Royal Infirmary, Glenfield Hospital or Leicester General Hospital, ensuring that your name and the date of the collection are clearly marked on the bottle and that the request form is with the collection.

The results from this collection will take several days to come back.

Please contact your doctor or nurse specialist if you have any concerns.

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