This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.
Introduction
1. You have been provided with a plastic jug and a plastic container.
2. The plastic container contains strong acid which is required by us to preserve your sample. DO NOT DISCARD. If you spill any, wash the area immediately with lots of cold water.
4. If you spill any acid on your skin, or any body parts, wash immediately with plenty of water. Seek medical advice if in doubt.
5. The jug must be used to collect any urine that you pass during the 24 hour period, and immediately poured (do not spill any) into the plastic container. Do not, under any circumstances, pass urine directly into the bottle.
6. You must collect all urine that you pass over a full 24 hour period. If you forget, and go to the toilet as normal, please let us know and we can provide another container. It is vital that all the urine you pass during this period is placed in the container.
7. Store the bottle in a cool place during the collection period (refrigeration not needed).
8. The collection must be timed accurately as follows:
   a. At start of 24 hour period (at any time that suits you), empty your bladder completely and discard the urine
   b. Collect all further urine passed over the 24 hour period into the jug, which must then be immediately poured into the container
   c. At the end of the 24 hour period (exactly 24 hours after you started collecting), empty your bladder and pour the urine into the container
   d. The test is now complete. Please ensure the lid is fully tightened then return, making sure it is labelled with your name, date of birth, NHS number and the times of urine collection, together with the Pathology Request Form to the laboratory as soon as possible after completion of the test. Please also fill in the form at the end about any tablets that you may be taking. This is essential in interpreting the test results
   e. Please also dispose of the jug upon completion of the test
9. The results for your test will be sent to your requesting doctor when complete.

Benefits
The benefit of doing the test is that it will provide your doctor with important results which will help with diagnosis and/or treatment.

Risks
The plastic container contains strong acid. If you spill any, wash the area immediately with lots of cold water. Seek medical advice if in doubt. Follow usual hygiene procedures and wash your hands after collecting your sample/s.
Alternatives
There are no alternative tests that could be used to the one that you have been asked to undertake.

Contact Numbers
If you have any queries please ring your local laboratory:

**Boston** Tel. 01205 446386. Reception 0900-1730 (Mon-Fri)
**Goole** Tel. 01724 290033. Reception 0830-1600 (Mon-Fri)
**Grantham** Tel. 01476 565232 ext 4706. Reception 0830-1700 (Mon-Fri)
**Grimsby** Tel. 01472 875264. Reception 0800-1700 (Mon-Fri)
**Lincoln** Tel. 01522 573754. Reception 0800-1700 (Mon-Fri)
**Scunthorpe** Tel 01724 290005. Reception 0800-1700 (Mon-Fri)
**Louth** Tel 01507 600100 Ext 1253. Reception 0830-1630 (Mon-Fri)

Concerns and Queries
If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.
Alternatively you can email: nlg-tr.PALS@nhs.net

For Pilgrim Hospital Boston
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01522) 573969

For Grantham Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01522) 573969

For Lincoln County Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01522) 573969
Alternatively you can email: ulh-tr.PALS@ulh.nhs.uk

Confidentiality
Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.
Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Moving & Handling
The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, you may speak to any member of the nursing staff, the designated keyworker within the department or the Trust Moving & Handling Coordinator.

Zero Tolerance - Violent, Threatening and Abusive Behaviour
The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy
The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

Northern Lincolnshire and Goole Hospitals NHS Foundation Trust
Diana Princess of Wales Hospital
Scartho Road
Grimsby
01472 874111

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
01724 282282

Goole & District Hospital
Woodland Avenue
Goole
01405 720720
www.nlgnhs.uk

Pilgrim Hospital
Sibsey Road
Boston
Lincolnshire
PE21 9QS
Tel: (01205) 364801

Grantham & District Hospital
101 Manthorpe Road
Grantham
Lincolnshire
NG31 8DG
Tel: (01476) 565232
1. This test requires the collection of urine over a 24 hour period, following the instructions on the patient information sheet (24 Hour URINE COLLECTION TEST for Metanephrines and Catecholamines) issued with the collection bottle. The bottle contains 2M Hydrochloric Acid (50 ml) as a preservative and care should be taken not to get any on your skin. IT IS CORROSIVE. If you splash yourself then rinse the affected area with plenty of cool water.

2. During the urine collection period you should not undertake strenuous physical exercise, smoke or drink alcohol.

3. A wide range of medication can affect Metanephrines/Catecholamines levels especially anti-hypertensive medication, tricyclic anti-depressants, dopamine and L-dopa. It is vital that if you currently take any medication that you record this information on this form and return it with the collection bottle(s).

4. Before returning the completed 24h urine collection, make sure it is labelled with your name, date of birth, NHS number and the times of urine collection, together with the Pathology Request Form.

5. The specimen should be returned as soon as possible to your local Pathology Department, on a week day between 09.00 am and 17.00 pm either directly, or via your GP Practice.

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