

How to carry out a urine test

This information sheet explains how to carry out a urine test. The test involves collecting a urine sample. It is important to follow these instructions to make sure the test is completed correctly.

Contents of the kit

In the urine test kit, you will find the following:

- Paper form with information details about you
- How to carry out a urine test leaflet
- Patient letter asking you to take the test
- White return envelope labelled UN3373 with a return address label attached and a pre-paid postage sticker
- Sample pot
- White absorbent material sheet
- Plastic transport case for sample pot
- Blue and clear plastic bag marked 'Safety bag'

Before you start

- Allow about 10 minutes to carry out the urine test.
- It is important that you post the urine test sample back to us on the day you carry out the test, so make sure you have enough time to go to your local post box before you start the test. Try to collect the sample in the earlier part of the week – on Monday or Tuesday so it reaches our laboratory before the weekend.

Collecting a urine sample

1. Wash your hands with soap for at least 20 seconds before and after taking the sample.
2. To collect the urine sample:
 - The sample should be a mid-flow sample, so you should pass a small amount of urine in the toilet first before filling the sample container.
 - Fill the sample container to the 10ml line (about 1/3) with urine (see Picture 1). Then screw the lid of the container down tightly.



Picture 1.

- The sample pot should be placed in the plastic case. The case may have a lining of absorbent material (see picture 2). If the case does not have this material use the small sheet of absorbent material which comes with your test kit to wrap round the sample pot. Place in the wrapped sample pot into the plastic casing (see Picture 3).



Picture 2.



Picture 3.

- Close the plastic case and press around the edges to firmly shut the case around the sample (Picture 4).



Picture 4.



Picture 5.

- Place the plastic case with the sample pot inside into the plastic safety bag (Picture 5) and seal the bag.
- You will find a paper form in your test kit with information details about you and the test. Write the date and time the urine sample was taken clearly on the form.
- Place this form and the plastic safety bag containing your sample in the return envelope (marked UN3373), see Picture 6. Seal the bag.



Picture 6.

Record your sample

- Type the following link into a web browser on your phone or a computer <http://bit.do/RBHT-HomeTest>

Or you can scan this QR code on your phone which will open the web form:



8. Complete the online form that appears on the screen to confirm that you have posted the urine sample. This is so that we know your test is on its way to us

Post your sample

9. Remember to post the sample back to us on the day you carry out the test. The return envelope should have a postage paid sticker and a label with the address of our laboratories stuck to it. Please check the return envelope has both stickers before you post it. The envelope can be posted into your nearest post box.

Contact details

If you have any questions or concerns about collecting this sample, please speak to the staff caring for you or contact our home testing team:

Home Testing team

Royal Brompton Hospital

Tel: 020 7352 8121 Ext 88401 (Monday to Friday, 9am-5pm)

Harefield Hospital

Tel: 0330 128 5086 (Monday to Friday, 9am-5pm)

More information

See more information on the Home Testing page on Royal Brompton & Harefield Hospitals' website (www.rbht.nhs.uk).

If you need help or advice about any service or department at our hospitals, and feel unable to talk to those people responsible for your care, call the Patient Advice and Liaison Service (PALS) on 020 7349 7715 or email pals@rbht.nhs.uk. This is a confidential service.

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