



Scarborough Hull York  
Pathology Service

# Collection pack for Random Urine Catecholamines

Information for patients, relatives and carers

## **Department of Clinical Biochemistry**

① For more information, please contact:

Duty Biochemist

Monday - Friday 09:00 -17:00

York and Scarborough: 01904 726366

Hull and East Riding: 01482 607755

Email: [Katie.allen57@nhs.net](mailto:Katie.allen57@nhs.net)

Providing pathology services at:

[York and Scarborough Teaching Hospitals NHS Foundation Trust](#)  
[Hull University Teaching Hospitals NHS Trust](#)

<b>Contents</b>	<b>Page</b>
What is a urine catecholamines test? .....	3
Collection Containers .....	4
How to collect your Urine Sample.....	5
What will happen afterwards?.....	6
Tell us what you think of this leaflet .....	7
Teaching, training and research.....	7
Patient Advice and Liaison Service (PALS).....	7
Leaflets in alternative languages or formats .....	8

## **What is a urine catecholamines test?**

Catecholamines are a group of hormones that are normally present in the body. Measuring the levels of these hormones in your urine can help your doctor diagnose and monitor certain conditions. Your doctor will be able to discuss these conditions with you.

# Collection containers

This collection pack consists of two collection pots. Please read this leaflet carefully before attempting to collect a sample. If you lose either of the collection containers, contact your local GP surgery to ask for a replacement.



## Caution:

One of these pots contains a small amount of acid. Do not throw this away. It is needed to preserve your sample until it can be analysed.

- Keep collection pack out of reach of children and pets.
- Keep pots upright at all times.
- Acid causes skin burns and eye damage. In the event of a spill or splash, rinse with plenty of fresh cold water. Remove any contaminated clothing. Seek medical attention if acid comes into contact with eyes or mouth. If swallowed, drink plenty of water and seek medical attention.

# How to collect your urine sample

You should use the **plain pot** to collect the urine specimen.

Do not open the **acid pot** until directed to do so by the instructions below:

1. Write your name, date of birth and the date and time of the specimen on the **acid pot**. Keep the pot upright and keep the lid on.
2. Collect the urine sample into the **plain pot**. Try to collect at least half a pot.
3. On a flat surface, carefully remove the lid from the **acid pot** and gently pour the urine from the **plain pot** into the **acid pot**. Screw the cap firmly back into place.
4. The plain pot can be disposed of in your normal household waste.
5. Place the **acid pot** in the bag attached to the request form.
6. Wash your hands with soap and water.
7. Return both the urine sample **and the request form** to your GP surgery, or Laboratory Medicine at your local hospital **within 24 hours** of completion. This helps prevent problems or delays in processing.

## **What will happen afterwards?**

The laboratory will arrange for the sample to be tested. When the results are ready, they will be sent back to your consultant (or whoever requested the test) and they will discuss these with you.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Katie Allen, Principal Clinical Scientist

Clinical Biochemistry, Hull Royal Infirmary, Anlaby Road, Hull, HU3 2JZ, telephone 01482 607716 or email

Katie.allen57@nhs.net.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

To contact PALS:

### **In York or Scarborough**

dial 01904 726262 or email

yhs-tr.patientexperienceteam@nhs.net

### **In Hull and the East Riding**

dial 01482 875875 or email hyp-tr.pals.mailbox@nhs.net

# Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

This leaflet was produced by  
Scarborough, York and Hull Pathology Services (SHYPS)

Owner	Katie Allen, Principal Clinical Scientist
Date first issued	September 2021
Review Date	November 2027
Version	3 (issued November 2024)
Approved by	Alison Jones, Consultant Clinical Scientist
Document Reference	PIL1540 v3 (Y&S), HEY1447-2024 (Hull)

© 2024 York and Scarborough Teaching Hospitals NHS Foundation Trust.  
All Rights reserved.