



National Diet and Nutrition Survey (NDNS)

24-hour urine collection

Information leaflet



For more information have a look at natcen.ac.uk/NDNS-24

Why are you asking me to provide a 24-hour urine sample?

We are interested in measuring various nutrients and vitamins to understand general dietary intake across the population. The level of dietary markers in our bodies changes throughout the day depending on what and when we eat and drink. Therefore, for certain nutrients and vitamins collecting a urine sample over a full 24-hour period is the only reliable way to get this essential information.

When do I take the collection?

You can start the 24-hour urine collection on a day convenient for you and can start at any time of day, but you must be able to collect your urine for the full 24 hours. The time starts from when your bladder is emptied at the start of collection. Urine should not be collected during menstruation/periods.

How do I collect the urine?

Every time you go to the toilet in the 24-hour period, collect your urine in a plastic jug. Empty the jug each time into a collection container. If you forget or miss a collection note this down on the 24-hour collection form provided to you by the biomedical fieldworker.

The biomedical fieldworker will give you all the information and equipment you need to carry out your 24-hour urine collection easily and discretely.

You can also watch this video for more information: natcen.ac.uk/NDNS-24

What do I do once I have collected all the urine?

The biomedical fieldworker will arrange a convenient time for a second visit soon after you have finished your 24-hour urine collection. At this visit they will weigh your sample, take two tubes/subsamples and send these to our laboratory for analysis and dispose of the rest of your sample. We are not testing for drugs or viruses.

What will happen to any information I give?

We will treat your information in the strictest confidence and under current data protection laws. Nothing we publish will identify you. You can read the survey's privacy notice here: natcen.ac.uk/NDNS-privacy-notice. Your personal data will only be shared with the organisations running the survey, that is the NatCen and IMS Epidemiology research teams.

Do I get anything for taking part?

As a token of our appreciation, the biomedical fieldworker will give you a £20 shopping voucher for completing this 24-hour urine collection study.

What if I have any other questions?

The biomedical fieldworker will give you more information and can answer any questions when they call to arranging your visit and when they visit. You can also phone the National Centre for Social Research for free on **0800 652 4572**.