

# 24-Hour Urine Test

A 24-hour urine test shows how well your kidneys are working. You must collect all urine that you pass in a 24-hour period for this test.

## To Prepare

- You will get a large bottle to collect your urine.
- Put your name on the bottle.
- Some tests need a chemical added to the bottle when you begin the test.
- Do not exercise more than usual while you are collecting your urine.
- If any urine is spilled or not collected, you may need to start over with a new bottle.
- Do not get toilet paper or stool in the urine.
- Keep the chemical and bottle of urine away from children and pets.
- Keep the collected urine cool or refrigerated. Do not freeze.
- Keep the container in a safe place where it will not spill or be exposed to light.

## How to Collect Your Urine

- To start, empty your bladder and flush that urine. Write down the time. This time is the start of your 24-hour urine test.
- Get a clean cup to urinate into. You may be given a container that fits under the toilet seat to catch your urine. Urinate in the cup or container and carefully pour the urine into the large bottle. If you have a chemical to add, pour it in the bottle after you pour the first urine.
- For the next 24 hours save all your urine and put it into the bottle.
- At the end of the 24 hours, urinate one more time. Put the urine into the bottle.
- Bring the bottle to the lab that day with your lab slip.

## For Example:

1. At 7:00 AM, urinate but do not save this urine.
2. Collect all your urine for the rest of the 24 hours.
3. At 7:00 AM the next day, urinate and put this urine into the bottle.
4. Bring the bottle of urine to the lab.

# 24 小時尿檢

24 小時尿檢顯示您的腎功能狀況。為此尿檢您必須收集 24 小時內的所有尿液。

## 準備工作

- 用一個大瓶收集尿液。
- 將您的名字寫在瓶上。
- 有一些檢查在開始時需要給瓶裡放化學品。
- 收集尿液時您的運動量不要超過平時。
- 如果有尿液溢出或漏收一次，您可用另一個瓶子重新收集。
- 瓶里不可有手紙或糞便。
- 化學品和尿瓶要遠離小孩和寵物。
- 收集的尿液要保持涼爽或冷藏。不要冰凍尿液。
- 將瓶子放在一個安全的地方，防止溢出或暴露於光照。

## 如何收集尿液

- 首先排空膀胱，**將尿沖掉**。寫下時間。此時是您 24 小時尿檢的開始。
- 用一個干淨的杯子，小解入內。可能會給您一個適合放在抽水馬桶內的容器用於接尿。將杯中或容器中的尿液小心地倒入大瓶內。如需加化學品，請先倒入第一次尿液，再將化學品倒入瓶中。
- 在接下來的 24 個小時內，收集您所有的尿液並倒入瓶中。
- 在 24 小時結束時，再小解一次。把尿液倒入瓶中。
- 將尿瓶和化驗單送到化驗室。

## 例如：

1. 在上午 7:00 時小解一次但不收集此次尿液。
2. 收集此后 24 小時的所有尿液。
3. 在第二天上午 7:00 時，小解一次並將此次尿液倒入瓶內。
4. 將尿瓶送到化驗室。

24-hour urine. Traditional Chinese.

Test results are sent to your doctor. Your doctor will share the results with you.

**Talk to your doctor or nurse if you have any questions or concerns.**

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尿檢結果將送交您的醫生。您的醫生會告知您檢查結果。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

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