

24 小時尿檢

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.

Read these directions carefully. If you have any questions, contact your provider before starting this test.

To Prepare

- You will get a large bottle to collect your urine.
- Put your name on the bottle. There may be a label for you to write on.
- Some tests need a chemical added to the bottle when you begin the test.
- If any urine is spilled or not collected, you will 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.

During the Test

Do not exercise more than usual while you are collecting your urine.

Some tests require you to restrict your diet or certain medicines. Your nurse will let you know if this is needed for the test ordered for you.

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。

請仔細閱讀本說明。如有任何疑問，請在檢查前與醫護人員聯繫。

準備工作

- 用一個大瓶收集尿液。
- 將您的名字寫在瓶上。瓶身可能會有一張標籤供您書寫。
- 有一些檢查在開始時需要在瓶裡添加化學品。
- 如果有尿液溢出或漏收一次，您可用另一個瓶子重新收集。
- 瓶裡不可有衛生紙或糞便。
- 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。

檢查過程

在收集尿液期間，不要比平時更多運動。

有些檢查會限制某些飲食或服用某些藥物。護士會根據您的檢查告知是否有限制。

How to Collect Your Urine

1. To start, empty your bladder and flush that urine. Write down this time as the start of your 24-hour urine test. It is often easiest to start when you first get up and go to the bathroom to urinate.
 - Get a clean cup or container to urinate into. You may be given a container that fits under the toilet seat to catch your urine. Be sure to sit enough forward to make sure all your urine goes into the container and not into the toilet water.
 - If you have a chemical to add for your test, pour it in the bottle.
2. For the next 24 hours, urinate in the cup or container and carefully pour the urine into the large bottle. Keep the bottle in the refrigerator or cool it in ice, but do not freeze it.
3. At the end of the 24 hours, urinate one more time. Put the urine into the bottle.
4. Bring the bottle of urine to the lab the day you finish collecting your urine with your lab slip.

For Example:

1. At 7:00 AM, urinate but do not save this urine. This is the start time of your test.
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.

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

如何收集尿液

1. 首先排空膀胱，將尿沖掉。記下這一時間作為 24 小時尿檢的開始。通常在剛起牀去衛生間小便的時候開始最容易。
 - 向乾淨的杯中或容器內排尿。可能會給您一個適合放在抽水馬桶內的容器用於接尿。充分前傾，以確保所有尿液都進入容器中，而不是馬桶水中。
 - 如果您的檢查需要添加某種化學物質，請將其倒入瓶中。
2. 在接下來的 24 小時內，將尿液倒入杯中或容器中，然後小心地將尿液倒入大瓶中。將尿瓶放在冰箱中或在冰中冷卻，請勿冷凍。
3. 在 24 小時結束時，再小解一次。把尿液倒入瓶中。
4. 在收集完尿液的當天，將帶有化驗單的尿瓶送到化驗室。

例如：

1. 在上午 7 時小解一次，但不收集此次尿液。這是您的檢查開始時間。
2. 收集此後 24 小時的所有尿液。
3. 在第二天上午 7 時小解一次，並將此次尿液倒入瓶內。
4. 將尿瓶送到化驗室。

尿檢結果將送交您的醫生。您的醫生會告知您結果。