

24 小时尿检

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.

通过 24 小时尿检查看肾脏是否正常。您必须收集您在 24 小时内排出的所有尿液以进行这项检查。

请仔细阅读本说明。如果您有任何疑问，请在开始检查之前与您的医护人员联系。

准备

- 医护人员会提供一个收集尿液的大瓶。
- 在瓶身上写上名字。瓶身可能会有一张标签供您书写。
- 某些检查需要在您开始检查时将化学药品添加到瓶中。
- 如果尿液溢出或未能收集，需要用新瓶重新开始收集。
- 切勿在尿液中混入厕纸或粪便。
- 使化学药品和尿瓶远离儿童和宠物。
- 保持收集的尿液阴凉或冷藏。切勿冷冻。
- 将容器放在安全地点，切勿溢出或暴露在阳光下。

检查期间

收集尿液期间，请勿进行过度运动。

有些检查中，您需要限制饮食或药物。护士会根据您的检查，告诉您是否需要限制。

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，冲走尿液。将这个时间记录下来，作为 24 小时尿检的开始。您第一次起床去洗手间排尿时，通常是最适当的开始时间。
 - 向干净的杯中或容器内排尿。可能会为您提供一个容器，可放在马桶座下收集尿液。身体充分前倾，确保所有尿液都流入容器中，而不是滴入马桶中。
 - 如果您的检查需要添加某种化学物质，请将其倒入瓶中。
2. 在接下来的 24 小时内，将尿液倒入杯中或容器中，然后小心地将尿液倒入大瓶中。将尿瓶放在冰箱中或在冰中冷却，切勿冷冻。
3. 24 小时收集期结束时再排尿一次。将尿液倒入瓶中。
4. 在收集完尿液的当天，将尿瓶连同化验单一起送到化验室。

例如：

1. 清晨 7:00 排尿，但需要舍弃此次尿液。这是您检查开始时间。
2. 在接下来的 24 小时内，收集所有尿液。
3. 第二天早上 7:00，排尿并将尿液倒入瓶中。
4. 将尿瓶带到实验室。

检查结果会发送给医生。医生会告知您检查结果。