

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. If you have a chemical to add, pour it in the bottle.
- 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.
- For the next 24 hours, save all of 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.

Baarid Kaadi oo 24-Saac ah

Baarid kaadi oo 24-saac ah ayaa muujisa sida ugu wanaagsan ee ay kelyahaagu u shaqaynayaan. Waa in aad dhammaan kaadida kaa timaadda muddo 24-saac ah u ururisaa baaritaankaan.

Si aad isugu Diyaarisid

- Waxaad heli doontaa dhalo ballaaran si aad kaadida ugu ururisid.
- Magacaaga ku dul qor dhalada.
- Baaritaannada qaarkood waxay u baahan yihiin in kiimiko lagu daro dhalada markaad baaritaanka billaabaysid.
- Jir dhis ha sameynin in ka badan intii caadiga ahayd intaad kaadida ururineysid.
- Haddii wax kaadi ah ay daataan ama aan la ururin, waxaad u baahan doontaa in aad soo billowdo oo dhalo cusub qaadato.
- Kaadida yaysan kaaga dhicin warqadda musqusha ama saxaro.
- Kiimikada iyo dhalada kaadidaba ka fogee carruurta iyo xayawaanka guriga.
- Kaadida la ururiyey dhig meel qabow ama tallaajad geli, hana barafayn.
- Weelka meel ammaan ah dhig halkaas oo uusan ka daadan doonin ama ileys ku dhici doonin.

Sidee loo Ururiyaa Kaadida

- Si aad u billowdid, kaadi haysta faaruqi ka dibna kaadidaas **biyo ku sii daa**. Qor waqtiga. Waqtigaan ayaa ah billowga baaritaanka 24-ka saac ah. Haddii aad hayso kiimiko aad ku shubto, dhalada ku shub.
- Koob nadiifi si aad ugu kaadiso. Waxaa laga yaabaa in lagu siiyo weel ku habboon fadhiga musqusha si aad ugu kaadiso. Koobka ku kaadi ama weelka, ka dibna si taxaddar leh kaadida ugu shub dhalada ballaaran.
- 24-ka saacadood ee ku soo xiga, kaydi dhammaan kaadidaada oo ku ku shub dhalada.
- Dhammaadka 24-ka saacadood, mar kale kaadi. Kaadida ku shub dhalada.
- Dhalada iyo warqaddii shaybaarkaba isla maalintaas shaybaarka keen.

24-hour urine. Somali

For Example:

1. At 7:00 AM, urinate but do not save this urine.
2. Collect all of 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.

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

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Tusaale ahaan:

1. Markay tahay 7:00 SUBAXNIMO, kaadi laakiin ha kaydin kaadidaan.
2. Kaadidaada oo dhan u ururi inta ka hadhay baaritaanka 24-ka saacadood ah.
3. Markay tahay 7:00 SUBAXNIMO maalinta ku xigta, kaadi ka dibna kaadidaan dhalada ku shub.
4. Dhalada kaadida ah shaybaarka keen.

Natijjooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu wuxuu kula socodsiin doonaa natijjooyinka.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

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