

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.

Examen de orina de 24 horas

Un examen de orina de 24 horas muestra cómo están funcionando sus riñones. Para este examen, debe recolectar todo lo que orine durante un período de 24 horas.

Preparación

- Recibirá una botella grande en la cual recolectar la orina.
- Coloque su nombre en la botella.
- Para algunos exámenes, se necesita agregar una sustancia química a la botella cuando comience el examen.
- No haga más ejercicio del habitual durante el tiempo que esté recolectando la orina.
- Si se derrama la orina o no se recolecta, tendrá que empezar de nuevo con una nueva botella.
- No deje que caiga papel higiénico ni deposiciones en la orina.
- Mantenga la sustancia química y la botella de orina lejos del alcance de los niños y de las mascotas.
- Mantenga la orina recolectada fría o refrigerada. No la congele.
- Mantenga el recipiente en un lugar seguro donde no se derrame ni quede expuesto a la luz.

Cómo recolectar la orina

- Para empezar, orine hasta vaciar la vejiga, y **tire de la cadena para eliminar esa orina**. Anote la hora, la cual será el inicio de su examen de 24 horas. Si tiene que añadir un producto químico, viértalo en la botella.
- Consiga un vaso limpio en el cual orinar. Puede que se le entregue un recipiente que se ajuste al asiento del inodoro para recolectar la orina. Orine en el vaso o recipiente y vierta la orina cuidadosamente en la botella grande.
- Durante las siguientes 24 horas, recolecte **toda** su orina y guárdela en la botella.
- Cuando se cumplan las 24 horas, orine una vez más y guarde esa orina en la botella.
- Traiga la botella al laboratorio ese día con su orden de laboratorio.

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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Por ejemplo:

1. A las 7:00 a.m., orine pero no guarde esta orina.
2. Recolecte toda la orina durante el resto de las 24 horas.
3. A las 7:00 a.m. del día siguiente, orine y guarde esta orina en la botella.
4. Traiga la botella de orina al laboratorio.

Los resultados del examen se le envían a su médico. Su médico le comunicará los resultados.

Hable con su médico o enfermera si tiene alguna pregunta o duda.

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24-Hour Urine Test. Spanish