

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.

24 小時尿檢

24小時尿檢顯示您的腎功能狀況。爲此尿檢您必須收集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在瓶裡添加化學品。
- 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。

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。若要在尿樣內加入化學品，將化學品倒入接尿瓶內。
- 用一個乾淨的杯子，小便入內。可能會給您一個適合放在抽水馬桶內的容器用於接尿。將小便尿入杯中或容器中，然後將尿液小心地倒入大瓶內。
- 在接下來的24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。

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.

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24-Hour Urine Test. Chinese Traditional

例如：

1. 在上午7時小解一次，但不收集此次尿液。
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。您的醫生會告知您檢查結果。

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