



## **Waxbaridda Bukaanka**

*Xarunta Lafta iyo Xubnaha*



# Kaadi Ururinta 24-saacdood ah

*Jirrada lafo jilayca “osteoporosis” iyo  
cusurada lafaha*

### **Lafa jilayca**

“Osteoporosis” waxa kenni kara maadada kaalshiyamka oo ama ku badan ama ku yar kaadida, iyada oo anay jirin wax astaamo ama calaamado kale ah.

Si loo baadho tan, waxaan u baahanahay in kaadi la ururiyo 24 saacadood maadaama ay isku-urursanaanta kaalshiyam ee kaadidu ay kor iyo hoosba u kacda maalintii iyo habeenkii.

Haddii qiyaasta la qaaday keliya wakhti qudha, ma bixinayso natiijo sax ah. Imtixaankani waa muhiin aan xanuun lahayn, laakiin xoogaa jactad ah leh.

### **Qalabka**

Waxa lagu siin doonaa:

- Joog (fijaan).
- Walaxda (ragga) ku kadhso ama "koofiyadda" ee qiyaasta le'eg kursiga musqusha (dumarka).

### **Tilmaamaha**

- Ku kaadi walaxda lagu kaadsho oo dabeedna kaadida ku shub joogga.
- Maalinta hore, musqusha u tag sidii caadiga ahayd subaxii, oo wakhtigaa qor. HA ururin kaadidaas.
- Inta ka danbaysa, kaydi dhammaan kaadida maalinta oo dhan.
- Haddii aad toosto habeenkii oo aad kaadido, kaydi kaadidaas, iyana.
- Subaxa xiga, waa inaad kaadido isla cabaara wakhtigii oo kale (saacad gudaheed) sidii subaxii hore. Markan, kaadida qaad oo ku shub joogga.
- Kaadida waa in lagu kaydiyo meel qabow, laakiin uma baahna talaajad. Waa OK haddii aad dhigto musqushaada.
- Markaad dhamayso ururinta 24-saacdood ah, keen joogga shaybaadhka Kiliinigga Roosevelt, ama shaybaadhka weyn ee cisbitaalka UWMC.

## Su'aalo?

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama bixiyaha daryeelka caafimaad haddii aad hayso su'aalo ama walaacyo. Shaqaalaha kiliinigga UWMC ayaa iyana jooga si ay kuu gargaaraan.

Xarunta Lafta iyo Xubnaha: 206-598-4288

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## Fariimaha Kale

U cun oo u cab sidii caadiga ahayd. Waxaan u bahanahay inaan ogaano sida ay kelyahaagu u shaqeeyaan maalinta caadiga ah. Qaado dhammaan dawooyinkaaga iyo fiitamiinada sidii caadiga ahayd.

Imtixaankan, uma baahnid inaad qorto wakhti kasta oo aad musqusha tagto. Keliya qor wakhtiga bilowga iyo joojinta imtixaanka shaybaadhka.

Uma baahnid inaad wax daawo ah ku shubto joogga.

Haddii ilowdo meel banaan, ama kaadidu daadato ama wasakhawdo:

1. Ka daadi joogga.
2. Ku dhaqdhaq joogga biyaha qasabada.
3. Mar kale soo bilow imtixaanka.

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**MEDICAL CENTER**  
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**Bone and Joint Center**

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24-Hour Urine Collection  
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# ***Patient Education***

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***Bone and Joint Center***



# 24-Hour Urine Collection

*For osteoporosis and bone diseases*

**Osteoporosis may be caused by urine calcium that is either too high or too low, without any other signs or symptoms.**

**To test for this, we need a urine collection over 24 hours since the concentrations of calcium in the urine go up and down throughout the day and night.**

**If measurements were taken only at one time, it would not give an accurate result. This test is important and painless, but it is a bit inconvenient.**

## **Equipment**

You will be supplied with:

- A jug.
- A urinal (for men) or a “hat” that fits inside the toilet seat (for women).

## **Directions**

- Urinate into the urinal or hat and then pour the urine into the jug.
- On the first day, go to the bathroom as usual in the morning, and note the time. **DO NOT** collect this urine.
- From then on, save all of your urine throughout the day.
- If you wake up at night and have to urinate, save that urine, too.
- The next morning, you should urinate at about the same time (within an hour) as the previous morning. This time, collect the urine and then pour it into the jug.
- The urine should be kept in a cool place, but it does not need to be in your refrigerator. It is OK to keep the jug in your bathroom.
- When you have finished the 24-hour collection, bring the jug to the lab at the Roosevelt Clinic, or to the main UWMC hospital lab.

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

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## Other Instructions

Eat and drink as you usually do. We need to know how your kidneys are working on an ordinary day. Take all your medicines and vitamins as usual.

For this test, you do not need to record every time you go to the bathroom. Just note the start and stop time of the test for the lab.

You do not need to put any preservative into the jug.

If you forget a void, or the urine gets spilled or contaminated:

1. Pour out the jug.
2. Rinse the jug with tap water.
3. Start the test over again.

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