



24 小时尿液收集

须遵循的指示

本手册提供了做 24 小时尿液收集时应遵循的重要指示。

我们要求您收集 24 小时的尿液。请严格按照这些说明进行操作，以使您的测试显示准确的结果。

小心地收集尿液的一些技巧

- 在两天的同一时间开始和结束收集尿液，相隔 24 小时。例如，如果您在第 1 天早上 7 点开始收集尿液，则在第 2 天早上 7 点结束收集。
- 在您第一次排空膀胱（小便）后，开始收集您身体在接下来的 24 小时内产生的所有尿液。
- 不要喝超过平时的液体量。液体包括咖啡、茶、可可、牛奶、果汁或苏打水。
- 在您收集尿液之前和收集期间的 24 小时内：
 - 不要喝酒。
 - 不要服用任何维生素。

您需要的用品

- 棕色的储液罐，标有您的姓名和患者编号
- 男性用小便壶，女性用“帽子”状小便盘

如何收集尿液

- 选择一个时间开始。排空膀胱，不要保存这次的尿液。记下日期和时间，包括上午或下午。当您将盛满的储液罐送回时，化验室会要求您提供这些信息。
- 在接下来的 24 小时内，每次小便都将尿液倒入棕色储液罐中以保存尿液。



如果您对 24 小时尿液收集有任何疑问，请咨询您的医疗服务提供者。

- 除非我们另有说明，请将储液罐放在冰箱中。
- 如果您的医疗服务提供者告诉您使用防腐剂：
 - 将尿液倒入储液罐时要非常小心。不要接触或吸入防腐剂，因为它是一种酸性物质。
 - 将储液罐放在儿童接触不到的地方。
 - 如果您有任何疑问或问题，请咨询您的医疗服务提供者。
- 如果您在 24 小时期间的任何时候忘记了保存尿液：
 - 倒掉所有的尿液。
 - 拿一个新的棕色储液罐，重新开始。

如何完成你的尿液收集

当您从开始收集尿液算起经过了 24 小时后，再排空 1 次膀胱并将这尿液放入储液罐中。即使您当时不觉得需要去洗手间，也请您尽可能地收集这一次的尿液。

送回储液罐

- 请在完成最后一次收集之后的 **24 小时内**送回盛满的储液罐。
- 如果您的医疗服务提供者提出要求，请在此时**抽血**。

请将您的棕色储液罐送回到以下化验室之一：

UW Medical Center - Montlake Blood Draw

华大医疗中心 - 蒙特湖院区抽血部

地址：1959 NE Pacific Street, Seattle, WA 98195

EA310 室 抽血部是在靠近门诊药房的

电话: 206.598.6153

平日工作时间：6:30am-6pm

周末工作时间：8am-11am

UW Medicine South Lake Union Blood Draw

华大医学 - 联合湖南面院区抽血部

地址：750 Republican St., Seattle, WA 98109

Room F143

电话: 206.520.8320

平日开放，工作时间：7:30am-5pm

❑ UW Medical Center - Northwest Blood Draw

华大医疗中心 - 西北院区抽血部

地址: 1550 North 115th St., Seattle, WA 98133

电话: 206.668.1344

每周 7 天, 全天候 24 小时抽血服务

❑ Eastside Specialty Center Blood Draw

东区专科中心抽血部

地址: 3100 Northup Way, Bellevue, WA 98004

电话: 206.598.8871

平日开放, 工作时间: 7:30am-5pm

❑ Hall Health Blood Draw

Hall Health 霍尔保健诊所抽血部

地址: University of Washington Campus, Seattle, WA 98105

在华盛顿大学校园内的 East Stevens Circle

电话: 206.685.1017

平日开放, 工作时间: 周一、周三、周四和周五 8am-5pm

周二: 9am-5pm

❑ Harborview Medical Center Blood Draw

港景医疗中心抽血部

地址: 325 9th Ave., Seattle, WA 98104

Room GWH-39

电话: 206.744.4256

平日开放, 工作时间: 8am-5:30pm

❑ Roosevelt Medical Center Blood Draw

罗斯福医疗中心抽血部

地址: 4245 Roosevelt Way NE, Seattle, WA 98105

Room E160

电话: 206.598.5566

平日开放, 工作时间: 7:30am-5pm

有问题吗?

您的问题是重要的。如果您有问题或疑虑, 请打电话给你的医生或医疗服务提供者。

华大医疗中心 UWMC 诊所:

❑ 外科专科中心:

206.598.4477

❑ 医疗专科中心:

206.598.4615

❑ 一般内科:

206.598.8750

24-Hour Urine Collection

Directions to follow

This handout gives important directions to follow when doing a 24-hour urine collection.

We have asked you to collect your urine for 24 hours. Please closely follow these directions, so your test will show correct results.

Tips for Careful Collection

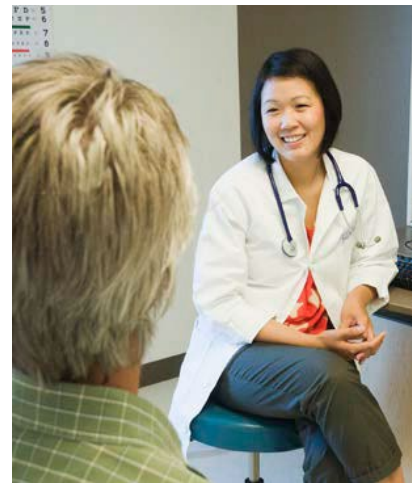
- Begin and end your urine collection at the same time of day, 24 hours apart. For example, if you start collecting your urine at 7 a.m. on day 1, end your collection at 7 a.m. on day 2.
- **After you empty your bladder (urinate) for the first time**, collect all of the urine your body makes over the next 24 hours.
- Do not drink more than your usual amount of fluids. Fluids include coffee, tea, cocoa, milk, juices, or soda.
- For 24 hours before and during your urine collection:
 - Do **not** drink alcohol.
 - Do **not** take any vitamins.

Supplies You Need

- Brown jug, labeled with your name and hospital number
- Urinal for males, “hat” for females

How to Collect Your Urine

- Choose a time to start. Empty your bladder at that time and do not save the urine. Note the date and time, including a.m. or p.m. The lab will ask you for this when you return the filled jug.
- For the next 24 hours, save your urine every time you urinate by putting it in the brown jug.



Ask your care provider if you have any questions about how to do your 24-hour urine collection.

- Keep the jug in the refrigerator unless we tell you otherwise.
- If your care provider has told you to use a preservative:
 - Be very careful when you pour your urine into the jug. Do not touch or breathe in the preservative because it is an acid.
 - Keep the jug out of the reach of children.
 - Ask your care provider if you have any concerns or questions.
- If you forget to save your urine any time during the 24-hour period:
 - Throw out all the urine.
 - Get a new brown jug and start over.

How to Finish Your Collection

When it has been 24 hours since you started your urine collection, empty your bladder 1 more time and put this urine in the jug. Even if you do not feel the need to go, empty what you can.

Returning the Jug

- Return the filled jug **within 24 hours** after your last collection.
- Get a **blood draw** at this time, if your provider has asked for it.

Please take your brown jug to one of these labs:

UW Medical Center - Montlake Blood Draw

1959 NE Pacific Street, Seattle, WA 98195
Room EA310 Next to the Outpatient Pharmacy
Phone: 206.598.6153
Open weekdays 6:30am-6pm
Open weekends 8am-11am

UW Medicine South Lake Union Blood Draw

750 Republican St., Seattle, WA 98109
Room F143
Phone: 206.520.8320
Open weekdays 7:30am-5pm

UW Medical Center - Northwest Blood Draw

1550 North 115th St., Seattle, WA 98133
Phone: 206.668.1344
Available for blood draw 24/7

Eastside Specialty Center Blood Draw

3100 Northup Way, Bellevue, WA 98004

Phone: 206.598.8871

Open weekdays 7:30am-5pm

Hall Health Blood Draw

University of Washington Campus, Seattle, WA 98105

East Stevens Circle

Phone: 206.685.1017

Open Mondays, Wednesdays, Thursdays, Fridays 8am-5pm

Open Tuesdays 9am-5pm

Harborview Medical Center Blood Draw

325 9th Ave., Seattle, WA 98104

Room GWH-39

Phone: 206.744.4256

Open weekdays 8am-5:30pm

Roosevelt Medical Center Blood Draw

4245 Roosevelt Way NE, Seattle, WA 98105

Room E160

Phone: 206.598.5566

Open weekdays 7:30am-5pm

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC Clinics:

- Surgical Specialties
Center: 206.598.4477
- Medical Specialties
Center: 206.598.4615
- General Internal
Medicine: 206.598.8750