



24-小时尿液收集方法

重要的指南

这讲义为您提供重要的指南，在收集 24 小时尿液时必须遵行。

您需要收集 24 小时的尿液。您务必遵照这指示、测试才有正确的结果。

小心收集的一些提示

- 开始收集及停止的时间必须相距 24 小时。例如：您第一天是上午 7 点开始、则在第二天上午 7 点停止收集。
- 收集 24 小时内身体产生的所有的尿液
- 不能超过平时饮用咖啡、茶、可可、牛奶、果汁或汽水的份量。
- 收集前及收集期间的 24 小时内：
 - 请勿饮酒。
 - 请勿服用维生素。

所需要的器皿

- 棕色的大罐、外面贴上你的姓名、及华大病人的号码。
- 灰色的化验单。
男士使用的便壶、女性使用便盆以便收集。

如何收集

开始收集时先排尽尿液、不要收集。

- 在灰色的化验单“开始”(start)那一栏记下日期及时间包括(上午/下午)。



如有疑问请向您的医生请教如何收集 24 小时尿液

- 此后的 **24** 小时将每次的尿液收集在棕色的大罐内。
- 把此棕色的大罐放置在冰箱内或寒冷之处。
- 如您的医生告诉您需用防腐剂：
 - 在将尿液倾倒入灌时务必谨慎。请勿接触或吸入防腐剂因为它是强酸性。
 - 并要将集尿灌放在儿童拿不到的地方。
 - 如有任何顾虑或疑问、请向您的医生提问。

如何结束尿液的收集

在收集尿液 **24** 小时后：

- 再次排尿—即使您并无尿意亦要试着排尽。
- 在灰色的化验单“结束”（**finish**）那一栏记下日期及时间（包括上午/下午）。

如在此 **24** 小时内、您若忘记收集一次：

- 请将所有收集的尿液丢弃
- 您需要再取得另一棕色的收集罐，重新再开始。

我将收集罐交到何处

完成收集最后一次的尿液后、在 **24** 小时内将棕色的收集罐及灰色的化验单一并送至下列任何一处均可：

华大医疗中心—罗斯福路诊所

一楼 **E 160** 室化验服务台。周一至周五上午 8:00 至下午 5:30。假日除外。如有需要也可在此处为您抽血检验。

华大医疗中心-（本院）

化验服务台位于三楼 **EE 331** 室。周一至周五上午 7:30 至下午 6:30。假日除外。如有需要也可为您抽血检验。

下班后或假日可送到中央处理室（**Central Processing**）位于二楼 **NW 220** 室。

海景医疗中心

化验室在二楼 **GWH -47** 室。**24** 小时服务。

您有疑问吗？

您的疑问是非常重要的。当有疑问或顾虑时，请致电您的医生或医护人员。华大医院诊所的工作人员也可随时给您协助。

华大诊所：

- 外科中心: 206-598-4477
- 内科专科: 206-598-4615
- 普通内科: 206-598-8750

24-Hour Urine Collection

Important directions

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

You have been asked to collect your urine for 24 hours. It is important to follow these directions, so the testing of your urine will show correct results.

Tips for Careful Collection

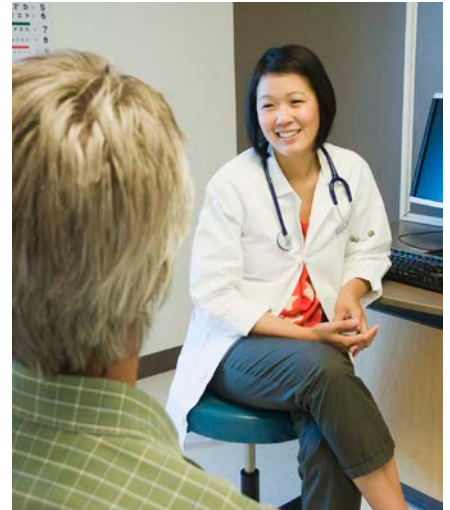
- Begin and end your urine collection at the same time of day, 24 hours apart. For example, if you start collecting your urine at 7 a.m. on day 1, end your collection at 7 a.m. on day 2.
- Collect all of the urine your body makes during that 24 hours.
- Do **not** drink more than your usual amount of fluids. This includes 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.

Equipment You Need

- Brown jug labeled with your name and hospital number.
- Gray lab slip.
- Urinal for males; “hat” for females to make collection easier.

How to Do the Collection

- First empty your bladder and do **not** save the urine.
- Write the date and time (including a.m. or p.m.) on the gray lab slip next to the word “start.”



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

- For the next 24 hours, save your urine every time you urinate by putting it in the brown jug.
- Keep the jug in the refrigerator or a cool place.
- 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.

How to Finish Your Collection

When it is 24 hours after you started your urine collection:

- Empty your bladder and put this urine in the jug. Even if you do not feel the need to go, empty what you can.
- Write the date and time (including a.m. or p.m.) on the gray lab slip next to “finish.”

If you forget to save your urine at any time during the 24-hour period:

- Throw out all the urine.
- You will need to get another brown jug and start over.

Where to Return the Jug

Return the filled brown jug and the gray lab slip within 24 hours after your last collection. Please drop off your sample to one of these labs:

UWMC-Roosevelt Lab Services

Lab Services, 1st floor, room E160, weekdays from 8 a.m. to 5:30 p.m., except holidays. You may also have a blood sample taken at this location, if needed.

UWMC Lab Services (Main Hospital)

- Lab Services, 3rd floor, room EE311, weekdays from 7:30 a.m. to 6 p.m., except holidays. You may also have a blood sample taken at this location, if needed.
- After hours and on holidays and weekends, you may return your jug to Central Processing, 2nd floor, NW220.

Harborview Medical Center Lab Services

- Main floor, room GWH-39, weekdays from 8 a.m. to 5 p.m.
- Main floor, room GWH-47, weekdays from 5 p.m. to 8 a.m. and weekends 24 hours a day.

Questions?

Your questions are important. Call your doctor or health care 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