



病人教育

骨和關節中心



24 小時尿 樣收集

用於骨質疏鬆和骨疾病檢驗

骨質疏鬆症可由尿鈣過高或過低造成，沒有任何其他迹象或症狀。

要檢驗骨質疏鬆，我們需要 24 小時尿樣收集，因為尿液中鈣的濃度晝夜之間會有起伏變化。

如果只測量一次，將不能得出準確的結果。此項檢驗很重要，它是無痛的，但會造成稍許不便。

設備

將會發給你：

- 一隻尿罐
- 一個尿壺（供男性用），或放入馬桶座圈內的“帽子”（供女性用）。

說明

- 將尿射入尿壺或“帽子”裡，然後將尿液倒入尿罐中。
- 第一天，早上像通常那樣去衛生間，記下時間。切勿收集該尿液。
- 此後，將該天當中的所有尿液保存下來。
- 如果你在夜間醒來尿尿，也要將該尿液保存下來。
- 翌日早上，應當在與前一天早上相同時間（相差在 1 小時內）尿尿。這次要收集尿液並將其倒入尿罐中。
- 尿液應放置在涼爽的地方，但無需放在冰箱裡。可將罐子放在衛生間裡。
- 完成 24 小時尿液收集後，將尿罐送到 Roosevelt 診所化驗室，或送到 UWMC 醫院化驗室。

有任何問題？

你的問題非常重要。如果你有任何問題或擔憂，請致電你的醫生或醫療提供機構。UWMC 診所醫務人員亦可隨時提供幫助。

骨和關節中心：
206-598-4288

其他說明

飲食如同平常一樣。我們需要瞭解你的腎臟平日的工作狀況。如平時一樣服用所有藥物和維生素。

對於此項檢驗，你無需將每次如廁記錄下來，只需記下檢驗的起止時間供化驗室參考。

你無需將任何防腐劑放入尿罐中。

如果你忘記一次尿尿，或尿液溢出或被污染：

1. 將尿罐倒空。
2. 用自來水沖洗乾淨尿罐。
3. 從新開始檢驗。

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Patient Education

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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