

## 24 小時尿液採集注意事項

### Instructions for specimen collection of 24-hour urine examination

#### 採集步驟：

#### Correct collection procedure of 24-hour urine examination：

1. 例如由某日早上 8 點起算，先將膀胱尿液排空，此次尿液不收集。

A 24-hour period will begin from 8 o'clock on one designated day. Empty all the urine that's still in your urinary bladder. No urine should be collected this time.

2. 此後開始收集有到第二天早上 8 點為止之所有尿液均須倒入尿盒內。

Collect all urine you discharge since 8 o'clock of the next day into the urine container.

3. 每次加入新尿液後，均稍加混合均勻。

Shake to mix every time after new urine specimen was collected.

4. 第二天早上 8 點整不論是否有尿液，均請排空膀胱中之尿液，且此次尿液必須收集。

8 o'clock sharp the next morning, empty your urinary bladder into the container even if you do not feel the urge to urinate. All the urine this time must be collected.

5. 將 24 小時尿液總量登記在檢驗單上。(若尿盒外有刻度則可直接讀取所有尿液之總量；若尿盒外無刻度，則將每次排尿之尿量加總起來即為 24 小時尿液總量)。

Read the amount of the collected urine from the scale on container (or sum up the volumes of every collections). Please record the volume on the examination order.

6. 混合 24 小時尿液，並取部分尿液置於有蓋塑膠試管內(約八分滿即可)，其餘尿液可丟棄。

Mix well and pour part of the collected 24-hour urine into the plastic tube (with a cap) until it is about 8/10 full. The rest of the urine can be discarded.

7. 請將此尿液試管及檢驗單送至檢驗科即完成送檢。

Bring the plastic urine tube and examination order to the Laboratory.

#### 注意事項：

#### Note：

採檢期間可正常飲食及飲水。

Eat and drink like any other day.

※ 如對尿液檢驗有任何疑問請電洽：

【(02) 28587156；檢驗科】

※ Any question about the specimen collection or storage, please contact us.

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