



病人教材

病人及家属教育服务部



24—小时尿液收集方法

如何收集 24—小时尿液

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。

收集的正确方法

您必须：

- 开始收集及停止的时间必须相距 24 小时。即在同一个时间。
- 收集 24 小时内所有的尿液。
- 不能过渡饮用咖啡、茶、可可、牛奶、果汁或汽水。
- 收集前及收集期间的 24 小时内请勿饮酒或服用维生素。

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

1. 开始收集时先排尽尿液、不要收集。
2. 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）。
3. 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以防止细菌生长。
4. 如需用防腐剂，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。

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。

- 专科 206-598-4615
- 内科 206-598-8750
- 外科 206-598-4549
- 骨科、关节科
206-598-4288

如何结束尿液的收集

1. 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。
2. 将此尿液收集在罐内。
3. 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）。
4. 如在此 24 小时内、您若忘记收集一次。则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。其他时间可送到中央处理室（ 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。

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

**Patient and Family
Education Services**

Box 358126
1959 N.E. Pacific St. Seattle, WA 98195
206-598-7498

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24-Hour Urine Collection
Chinese
12/2003

Translation by UWMC Interpreter Services
Reprints on Health Online: <http://healthonline.washington.edu>

Patient Education

Patient and Family Education Services



24-Hour Urine Collection

Instructions for 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

It is important to:

- Begin and end your urine collection at the same time, 24 hours apart.
- Collect all of the urine your body makes during that 24 hours.
- Not drink excessive amounts of fluids such as coffee, tea, cocoa, milk, juices, or pop.
- Avoid alcoholic drinks and vitamins for 24 hours before and during the collection of your urine.

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

1. First empty your bladder and do not save the urine.
2. Write the date and time (including a.m./p.m.) on the gray lab slip next to the word “start.”
3. Every time you urinate after this for the next 24 hours, save your urine, putting it in the brown jug. Keep the jug in the refrigerator or a cool place to slow the growth of germs.
4. If you must use a preservative, be very careful pouring 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.

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 at any time.

Medical Specialties Center
206-598-4615

General Internal Medicine
206-598-8750

Surgical Specialties
206-598-4549

Bone and Joint Center
206-598-4288

How to Finish Your Collection

1. 24 hours after you began collecting your urine, empty your bladder – even if you do not have an urge to go, empty what you can.
2. Put this urine in the jug also.
3. Write the date and time (including a.m./p.m.) on the gray lab slip next to “finish.”
4. 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

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

UWMC-Roosevelt

Lab Services, first floor, room E160, Monday – Friday, between 8:00 a.m. and 5:30 p.m., except holidays. You may also have a blood sample taken at this location, if needed.

UWMC (Main Hospital)

Lab Services, third floor, room EE311, Monday – Friday, between 7:30 a.m. and 6:00 p.m., except holidays. You may also have a blood sample taken at this location if needed. All other times, you may deliver your jug to Central Processing, second floor, NW220.

Harborview Medical Center

Lab Services, second floor, room GWH-47, 24 hours a day.

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