



【24 小時尿液收集方法】 【24-Hour Urine Collection】

1. 請您先將尿液排空，此次尿液不需要收集並同時記錄此次排尿時間。此時間即為開始收集的時間。
2. 之後每次尿液收集在乾淨、乾燥的杯子中，再將尿液倒入集尿桶內。若有VMA, 17-KS, 17-OHCS, 5-HIAA, Catecholamine...等檢驗項目，需加入保存劑。
注意：請先將第二泡尿液倒進集尿桶後，再將保存劑加入集尿桶內。
3. 蓋緊集尿桶蓋並冷藏於2-8度環境，直到下一次收集尿液時。
4. 重複步驟2及3，總共24小時。收集24小時內的所有尿液，結束在次日的同一個時間。並在檢驗單上蓋章處，寫下尿液總量。
舉例：週三上午8點解尿，此次尿液丟棄。收集到週四上午8點，八點的尿液須倒入容器內。
5. 將集尿桶內尿液充分混和後，用吸管取尿液至尿液試管（約8分滿），蓋上蓋子。
6. 連同檢驗單、健保卡及尿液試管送至門診檢驗室（不用帶尿桶）。運輸過程中，尿液試管需保持在室溫。

- A. Empty your bladder of urine. Do not collect this sample. Write down the time you voided this urine. This is the start time.
- B. Collect the next urine sample in a clean, dry cup. Pour the sample into the large container. Need to add preservatives into the container if test item contains VMA, 17-KS, 17-OHCS, 5-HIAA, or Catecholamine. **Notice:** Pour the sample into the container and then add preservatives.
- C. Tightly cap the large container and refrigerate until the next collection.
- D. Repeat step B and C for 24 hours. Collect ALL urine for 24 hours, ending at approximately the same time the following day. Record the urine volume on the check list.
EXAMPLE: Void on Wednesday at 8 AM - discard this sample. Collect until Thursday at 8 AM, adding this sample to the container and stop.
- E. Shake the urine container. Rinse the test tube first and drop the sample into the test tube (about 4/5 full), tightly cap the urine sample tube.
- F. Deliver the check list, National Health Insurance Card and the urine sample tube to OPD Lab. The urine sample tube can be kept at room temperature during transport. (It is unnecessary to bring in the urine container)

◎注意事項：

1. 保存劑是鹽酸（6N HCl），有低腐蝕性，請小心不要傾倒。
2. 收集尿液期間可以正常飲食及飲水。
3. 若有任何疑問，請電話詢問臨床病理科。

◎Announcements:

- A. The preservatives (6N HCl) is low corrosive. Please pay special attention not to topple it over.
- B. There is no specific request on the food or drink you have during urine collection period.
- C. If you have any further queries, please do not hesitate to contact us.

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