

24 小時尿液收集法

24-Hour Urine Collection Method

一、24 小時尿液收集時間是從早上 8 點（或某一定點）起到隔天早上 8 點（或某一定點）止，共 24 小時。

The 24-hour urine collection period starts at 8 am (or a specific time) and ends at 8 am the next day (or a specific time), totaling 24 hours.

二、於第一天早上 8 點（或某一定點）不論您是否有尿液，都需上廁所解光小便並丟棄，因您膀胱之尿液是屬於 8 點以前的，不需收集。

Regardless of whether you have urine, you need to urinate and discard it on the first day at 8 am (or a specific time) because the urine in your bladder belongs to before 8 am and does not need to be collected.

三、在此之後，您所解出的小便全部都要收集起來，收集桶由本院供應。如果檢驗科有給您一管強酸溶液，請於第一次收集尿液後，將此溶液小心倒入收集桶，並混合均勻。

After that, you need to collect all the urine you produce, and the collection bag is provided by the hospital. If the laboratory has given you a box of strong acid solution, please carefully pour it into the collection bag after the first urine collection and mix it evenly.

四、要強調在此之後無論何時何地，無論您在做任何事，所解出的小便都要完全收集起來，且放冰箱冷藏（但勿結冰）。到第二天早上 8 點（或某一定點）也要準時上廁所，並收集所解出的小便於收集桶。

It is emphasized that no matter when and where, and no matter what you are doing, all urine you produce must be completely collected and stored in the refrigerator (but not frozen). You need to urinate and collect the urine in the collection bag at 8 am the next day (or a specific time).

※強酸為濃鹽酸，請小心操作，不要觸到身體，若不慎接觸，應用大量清水沖洗，並依情形至急診處理。

Strong acid refers to concentrated hydrochloric acid. Please handle it with care and do not touch your body.

If accidentally touched, rinse with plenty of water and seek medical attention as needed

※月經期間請勿收集。

Do not collect urine during menstruation.

※若仍有疑問，請電 26723456 轉 7307

If you still have questions, please call 02-26723456#7307