

How to Collect a 24-hour Urine Sample

Collecting a Urine Sample

Your health care provider wants you to collect a 24-hour urine sample. Read the following instructions.

Ask your health care provider if you have any questions before collecting the sample.

Collection Containers

To collect your urine, you will receive:

- a 3,000 milliliter (mL) container
- a collection device to place in the toilet (to collect your urine).

Caution: The urine containers may contain a strong acid or type of preservative. These chemicals may cause burns to your skin and may be harmful if splashed into your eyes or if inhaled.

- Read the safety information on the label.
- Do not empty out the preservative.
- Be careful when you start the urine collection.

If there is no safety label on the container, there is no chemical in the container.

Sida loo uruuriyo 24-saac muunaha kaadida

Qaadida Muunaha kaadida

Dhaqtarkaaga daryeelka caafimaad wuxu doonaya inaad uruuriso 24-saac muunad kaadi ah Akhri tilmaamaha soo socda.

Waydii daryeel bixiyahaaga caafimaadka wixi su'aalo ah kahor inta aadan ururin Muunada.

Weelasha uruurinta

Si aad u uruuriso kaadidaada, waxaad heli dontaa:

- weel 3,000 milliliter (mL) ah
- qalabka uruurinta suuliga la ssaro (si kaadida logu ururiyo).

Taxadar: Weelka kaadida laga yaabe inuu leeyahay aashito ama nooc lagu ilaaliyo. Kiimikoyinkan laga yaabe iney garsiyan maqaar kaaga gubasho iyo iney wax yeleyaan hadey kaga faniinto indhaha ama hadii aad jiido.

- Akhri warbixinta badqabka calaamada korkeeda.
- Ha ka faarujinin waxyaabaha weelka lagu ilaalinayo.
- Taxadar lahaw markad bilabeyso uruurinta kaadida.

Hadeysan lahayn calaamada badqabka weelka korkiisa, kiimiko kuma jirto weelka.

Before Collecting the Urine Sample

Use these directions before collecting the sample.

- The morning of the test, do not collect the first urine sample. Empty your bladder and flush as you normally would.
- Drink as much liquids as you normally do. Do not drink alcohol.
- Write your name, your date of birth and the date on the outside of the 3,000 mL container(s). Use a pen or marker that will not run if the ink gets wet.

How to Collect Your Urine

Follow these directions to collect your urine:

- The morning of the test, do not collect the first urine sample. Empty your bladder and flush as you normally would. Write the start time on the outside of the 3,000 mL container.
- Each time you empty your bladder for the next 24 hours:
 - place the collection device between the toilet and toilet seat. Urinate into the collection device.
 - pour the urine sample into the 3,000 mL container
 - put the container on ice in a bucket or a small cooler. You will need to keep the container cold for the entire 24 hours. If the urine sample gets too warm the test might not be accurate.
- The last urine collection should be exactly 24 hours after the first time you emptied your bladder. (You flushed this sample.) Add the last urine collection to the container and write the ending time on the outside of the container.
- Throw away the collection device you placed in the toilet to collect your urine.

Intaa adan uruurin muunaha kaadida

Isticmaal tilmaamahan inta aadan uruurin muunaha.

- Subaxa baaritaanka, ha uruurin muunaha ugu horeysa ee kaadida. Faaruji kaadi heystaada kadib raacsii suuliga sidii caadigaaga ahayd.
- Cab cabitaan sidii caadigaaga sameyn jirtay. Ha cabbin khamri.
- Qor magacaaga, taariikhda dhalashadaada iyo wakhtiga dhinaca banaanka 3,000 mL weel(asha). Isticmall qalin ama khada aan dareeraynin haddii khadu qoydo.

Sida loo uruuriyo kaadidaada

Raac tilmaamahan si aad u uruuriso kaadidaada:

- Subaxa baaritaanka, ha uruurin muunaha ugu horeysa ee kaadida. Faaruji kaadi heystaada kadib raacsii suuliga sidii caadigaaga. Ku qor bilawga waqtiga korka weelka ee 3,000 mL.
- Markasta eed kaadiheystaada soo faarujiso 24 ka saac ee soo socda:
 - saar qalabka uruurinta inta u dhaxeysa suuliga iyo fadhiga suuliga. Ku kaadi qalabka uruurinta.
 - ku shub muunada kaadida gudadaha weelka 3,000 mL
 - ku rid weelka baaldi baraf ku jiro ama qaboojiye yar. Waxad u baaan doontaa inuu weelka ku hayso qabow 24 saacadoodba oo dhan. Haddii ey muunaha kaadidu qandac saaid ah noqoto laga yaabe baaritaanka inuusan sax noqon.
- Kaadida ugu dambeysa waa iney noqotaa mid sax ah 24 saacadoon kadib ka markii aad kaadiheystaada baneysay. (Waad raacsiisay muunaha.) Ku dar uruurinta kaadidi ugu dambeysa weelka oo ku qor dhamaad wakhtiga dibada ee weelka .
- Tuur qalabka uruurinta aad saartay suuliga si aad kaadidaada ugu uruuriso.

- Return to the lab with the container as soon as you are done with the collection. Pack the container in a cooler or in ice to keep it cold on the way to the lab.

Whom to Call With Questions

If you miss a collection, call:

- Ku soo laabo shaybaarka sida ugu dhaqsiyaha badan marka aad dhameyso uruurinta. Kuso rid weel qaboojiye ama baraf si uu qabow usii ahaado inta aad shaybaarka usii socoto.

Cidda La Wacayo Wixii Su'aalo ah

Hadii aad seegto uruurin, wac:
