

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.

Yuav Cug Zis Mus Kom Txog 24-teev Coj Mus Kuaj Li Cas

Cug Zis Mus Kuaj

Koj tus kws kho mob xav kom koj cug zis mus kom txog 24-teev coj mus kuaj. Nyeem cov lus qhia nram qab no.

Nug koj tus kws kho mob yog tias koj muaj lus nug ua ntej yuav cug zis mus kuaj.

Lub Thoob Ntim

Txhawm rau kev cug koj cov zis, koj yuav tau txais:

- ib lub thoob ntim loj txog 3,000 milliliter (mL)
- ib qho khoom siv cug uas yuav muab tso rau hauv lub qhov viv (kom cug koj cov zis).

Ceeb Toom: Tej zaum qhov khoom siv cug yuav muaj cov tshuaj. Tej zaum cov tshuaj lom no yuav ua kub hnyiab rau koj cov tawv nqaij thiab tej zaum yuav ua rau muaj kev phom sij tsis zoo yog txaws nkag rau hauv koj lub qhov muag lossis yog nqus tau.

- Nyeem cov ntaub ntawv kev ceev faj nyab xeeb ntawm daim ntawv lo.
- Tsis txhob tshem cov tshuaj tawm.
- Ceev faj thaum koj pib cug cov zis.

Yog tsis muaj daim ntawv qhia kev ceev faj nyab xeeb ntawm lub thoob ntim, ces tsis muaj tshuaj lom hauv lub thoob ntim.

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.

Ua tNej Yuav Cug Cov Zis Mus Kuaj

Siv cov lus qhia no ua ntej cug cov zis mus kuaj.

- Thaum sawv ntxov ntawm hnub yuav cug, tsis txhob cug thawj pas zis. Tso zis kom tag thiab yaug dej li koj ib txwm yaug.
- Haus dej ntau npaum li koj ib txwm haus. Tsis txhob haus cawv.
- Sau koj lub npe, hnub yug thiab hnub tim rau sab nraum lub thoob ntim 3,000 mL. Siv tus cwj mem lossis tus cwj mem loj uas cov kob yuav tsis puas yog cov kob ntub dej.

Yuav Cug Zis Mus Kuaj Li Cas

Ua raws li cov lus qhia no txhawm rau kev cug koj cov zis:

- Thaum sawv ntxov ntawm hnub yuav cug, tsis txhob cug thawj pas zis. Tso zis kom tag thiab yaug dej li koj ib txwm yaug. Sau lub sijhawm pib cug rau ntawm sab nraud lub thoob ntim 3,000 mL.
- Txhua zaos koj tso zis mus kom txog 24 teev:
 - muab qhov khoom cug tso nruab nrab ntawm lub qhov viv thiab daim zaum ntawm lub qhov viv. Tso zis rau hauv qhov khoom cug.
 - muab cov zis ncuav ntim rau hauv lub thoob ntim 3,000 mL
 - muab lub thoob ntim tso rau hauv lub thoob uas muaj dej khov los yog hauv lub menyuam tub yees txias. Koj yuav tsum khaws lub thoob ntim kom txias mus kom txog 24 teev. Yog cov zis cug ho sov dhau lawm, qhov kuaj ntsuas yuav tsis tshua kuaj tau zoo.
- Cug cov zis zaum kawg yuav tsum yog raws nraim 24 teev tom qab thawj zaug koj tso zis. (Koj tso dej yaug qhov zis no.) Cug cov zis kawg hauv lub thoob ntim thiab sau lub sijhawm xaus rau sab nraud ntawm lub thoob ntim.
- Muab qhov khoom cug zig uas koj muab tso rau ntawm lub qhov viv pov tseg.

- 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:

- Rov qab nqa lub thoob ntim cov zis mus rau qhov chaw kuaj ntshav sai li sai tau thaum koj cug tag. Muab lub thoob tim zis cia rau hauv lub menyuum tub yees txias lossis hauv cov dej khov kom nws txias thaum koj nqa mus rau qhov chaw kuaj ntshav.

Yuav Hu Leej Twg Yog Muaj Lus Nug

Yog koj tsis nco cug ib zaug zis, hu rau:
