



Department of Paediatrics and Adolescent Medicine



兒童及青少年科學系

二十四小時小便檢驗

為求準確知道身體的功能，有需要檢驗二十四小時小便內的各種化學成份，而此類檢驗最重要是收集樣本的時間要準確，方法如下：

1. 選一個方便的時間開始，如早上起床時(例如上午八時正)將開始的時間寫在收集小便樣本瓶上。首先排清小便(此第一次小便不要)，自此之後廿四小時內，每一次小便全部留入該瓶裡，如要大便，須先把小便留起。
2. 到第二日早上同一時間(即廿四小時後，例如早上八時正)，即使無意小便亦要到廁所將這最後一次小便排出，儲入瓶裡，然後將時間寫上。這樣便完成整個收集程序。
3. 完成後當天，務須把該瓶小便於辦公時間(星期一至星期五，上午9時至下午5時)內，儘速交回K座門診部職員。
4. 女病人注意請勿在經期時候留小便。
5. 留小便時，可先將小便留入一清潔的容器(如水杯)，然後傾入收集瓶裡。
6. 若收集期間內有忘記儲存任何一次小便，請重新由頭開始。

24 Hour urine test

24 Hour-urine test provides useful information about body function. The way you collected the sample must be proper in order to give accurate result. Please follow the following steps.

1. Choose a convenient time (e.g. 8am) to start collecting your urine and label the time clearly on the container. Discard the first stream of urine you passed. Save all subsequent urine within the next 24 hours in the container(s). Urine passed during bowel motion should also be collected.
2. Complete the test by passing the last stream of urine at exactly the same time (e.g. 8am) on the next day. Do pass the urine even if your bladder is not full. Write down the completion time.
3. Send all the urine you saved to KGOPD during office hour (9am to 5pm, Mon through Fri) on the same day.
4. Female patients do not collect their urine during menstruation.
5. You can collect your urine with a smaller container before you pour it into the specimen bottle. The container you used must be clean.
6. You have to restart the urine collection for 24 hours if you forgot to save any one stream of your urine.