

## 24 Hours Urine Collection for Cortisol 腎上腺皮質素

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### Preparation and Instruction for Investigation:

1. Start the collection when you get up in the morning (e.g. 8 a.m.) by discarding the first urine passed. Do not put this urine into the bottle.
2. Collect all urine passed during the next 24 hours into the bottle provided. As the bottles contain acidic liquid, do not urinate directly into the bottle. Instead, urinate into a container and then pour the urine into the bottle.
3. The next morning (e.g. 8 a.m.), empty your bladder by urinate into a container and add this urine to the bottle. The 24 hour collection is then complete.
4. Handle the urine containers with care and do not empty the acid preservatives inside the bottle.
5. The urine container should be stored in a cool place during collection.
6. Female patients should avoid urine collection during menstrual period.
7. Record the urine collected date and time.

### **Caution**

Urine collection bottle contains acid preservative, irritating to eyes, respiratory system and skin. Keep out of reach of children. After contact with eyes or skin, wash immediately with plenty of water and seek medical advice.

### 測試準備及須知:

1. 早上起床後 (例如上午八時正), 先解尿一次, 此次尿液不必留。
2. 以後每一次將尿液收集在護理人員為您準備的收集瓶內。因瓶內含酸性溶液, 請勿直接小便在收集瓶內, 可以先將尿液收集在一個容器後再倒入收集瓶內。
3. 次日早上 (例如翌日上午八時正), 無論有無尿意, 一定要去解尿, 並將尿液收集在一個容器內再倒入瓶內, 就算完成。
4. 請勿倒掉樣本瓶內的酸性防腐劑, 並請小心處理樣本瓶。
5. 在整個過程中, 小便要存放於陰涼處。
6. 女病人請勿於月經期間收集小便樣本。
7. 記錄收集尿液樣本的日期和時間。

### **注意事項**

收集瓶內含酸性溶液, 可引致皮膚灼傷或刺激眼睛及呼吸系統。慎防孩童接觸。如若觸及眼部或皮膚, 馬上以大量清水沖洗及延醫診治。