

# 24-hour Urine Specimen Collection Information

## 24小時小便收集須知



Gleneagles Hospital

HONG KONG

港怡醫院

## Step 4 步驟4

Record the time of the last void of urine (e.g. 7a.m. 2/1/2017) onto the label of the specimen bottle. This first void of urine in the second morning needs to be collected.

將最後一次之尿液收集並紀錄日期和時間(如2017年1月2日早上七時)在樣本樽上的標籤。第二天起床後的第一次小便需要收集。

## Step 5 步驟5

The specimen bottle should be delivered to the Sample Collection Centre ASAP on the same day. The bottle should be put inside a plastic bag and stored in a cool and dry place since the first sample was collected and when being delivered.

從開始收集尿液樣本至交回樣本收集部時及運送期間, 需要把樣本樽放入膠袋盛載, 存於清涼陰暗處。盡快在當日將樣本交回樣本收集部。

## Note

### 注意事項

- | If the urine samples were not collected correctly, the diagnosis report may be affected.
- | Preservative is added to specimen bottle. Handle bottle with care to avoid burns and chemical injury. Keep away from children.
- | Do not urinate directly into the specimen bottle.
- | The specimen is heavy. Proper care in handling should be exercised to ensure safety. Use the handle if available. Do not hold the specimen bottle by its neck only. Please also hold the bottom to avoid spoilage.
- | 萬一不慎把其中一次尿液樣本棄掉或忘記注入樽內, 會有可能影響化驗報告結果。
- | 這些尿樽是藏有防腐液, 為安全起見, 請小心安放及遠離小孩。
- | 不要直接於樣本樽小便。
- | 樣本樽有一定重量, 提起時應用手柄或用手扶著樽頸及托起底部, 請勿只拿著樽頸, 以免打翻濺溢。

This leaflet is for reference only. Please consult our doctor or nurse if you have any questions.  
本小冊子只供參考之用, 如有疑問可向醫生或護士查詢。

## Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

## MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



**Hospital address**  
1 Nam Fung Path,  
Wong Chuk Hang, Hong Kong

**醫院地址**  
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港怡醫院  
Gleneagles Hospital Hong Kong

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## 24小時小便收集須知



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## Preparation before specimen collection 收集前的準備

- | During the period of the 24-hour urine specimen collection, please continue to drink water normally and follow the fasting instruction.
- | Female patients should avoid giving urine samples during menstruation.
- | Please follow doctor's advice on suspension of taking certain medication.
- | 收集尿液期間的24小時，請正常飲水和跟隨指示戒口禁食。
- | 女性避免在月經期間時留取尿液樣本。
- | 如醫生叮囑需要停止服用指定藥物，請跟隨指示。

## Please avoid consuming the following food 請避免進食以下食物

- | Cake, pudding, biscuits, instant cake powder, and instant dessert made by manufacturers. Most of these items contain vanilla essence, cornflakes, cheese powder, ice cream, chocolate, instant whips, mousses etc.
- | Food containing caffeine, for example, tea, coffee, lemon tea, cola, drinks with electrolytes, and stimulant drinks.
- | Food containing salicylic acid, such as all fresh or canned fruits, fruit juice, pickled food, dried fruit (e.g. raisins, nuts, and sesame), vegetables, and manufactured food (dim sum, fish balls, squid balls, sausages, ham etc).
- | 預先製作的糕餅、布甸、餅乾、預拌蛋糕粉、即食甜品。因多數會加入雲呢拿精、粟米片、吉士粉、雪糕、朱古力、即食乳酪、慕斯等。
- | 含咖啡因的食物  
例如：茶、咖啡、檸檬茶、可樂、電解質或提神飲品。
- | 含水楊酸的食物，包括新鮮或罐頭水果及果汁、醃製食品、乾果（如葡萄乾、西梅、加應子、檸檬乾、堅果、果仁及芝麻等）、部分蔬果如青瓜、青椒、薯仔、蕃茄等，以及預製加工食品，如點心、丸類（魚蛋、蝦丸及墨魚丸等）、香腸及火腿等

## Chemical testing 化驗項目

- | **Arsenic:**  
Seafood should be avoided two days before the specimen collection and during the period of specimen collection.
  - | **5-HIAA:**  
Avoid consuming food containing vanilla, caffeine, and salicylic acid five days before the specimen collection and during the period of specimen collection. For example, banana, avocado, kiwis, pineapple, tomato, pear, eggplant, chestnut, cashew nuts, chocolate, coffee, tea, vanilla products etc.
  - | **VMA / Catecholamine / 17-ketosteroids (17-KS) / 17-hydroxycorticosteroids (17-OHCS):**  
Avoid consuming food containing vanilla, caffeine, and salicylic acid three days before the specimen collection and during the period of specimen collection. For example, banana, avocado, pineapple, orange, grapefruit, lemon, tangerine, chocolate, coffee, tea, vanilla products, yoghurt, walnut, alcohol etc.
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- | **Arsenic:**  
在留取尿液前兩天及留小便期間，應禁食海鮮。
  - | **5-HIAA:**  
在留取尿液前五天及留小便期間，應避免進食含有雲呢拿，咖啡因及水楊酸的食物。例如：香蕉、牛油果、奇異果、菠蘿、西梅、蕃茄、梨、茄子、核桃、腰果、朱古力、咖啡、奶茶、雲呢拿製成品等。
  - | **VMA / Catecholamine / 17-ketosteroids (17-KS) / 17-hydroxycorticosteroids (17-OHCS):**  
在留取尿液前三天及留小便期間，應避免進食含有雲呢拿，咖啡因及水楊酸的食物。例如：香蕉、牛油果、菠蘿、橘類水果（橙、西柚、檸檬、柑）、朱古力、咖啡、茶、雲呢拿製成品、乳酪、核桃、酒類飲品等。

## Procedures of 24-hour Urine Specimen Collection 24小時小便收集方法

Example: Assuming you wake up at 7a.m.  
舉例：假設早上7時起床

### Step 1 步驟1

Discard the first void of urine in the first morning, but please record this date and time (e.g. 7am, 1/1/2017) on the specimen bottle. This is the beginning of the 24-hour collection period.

早上起床後的第一次小便不用收集，但請在樣本樽上記錄日期和小便時間（如2017年1月1日早上七時），這是24小時樣本收集時段的開始。



### Step 2 步驟2

Collection begins with the second void of urine. Please urinate into a clean paper cup or disposable plastic cup. Then transfer the urine into the specimen bottle.

從第二次小便開始收集，先把小便排進一個乾淨的紙杯或容器，然後全部注入樣本樽內。

### Step 3 步驟3

Save all consecutive voids of urine into the same specimen bottle for the next 24 hours.

接著的二十四小時，每次如廁時，同樣把小便全部盛載在紙杯或容器並注進樽內，牢固地旋緊樽蓋，輕搖勻。

