

尿液样本-女性(清洁获取)

Urine Sample – Female (Clean Catch)

This test is done to check for bladder or urinary tract infections. The best time to get a urine sample is when the urine has been in your bladder for at least two to three hours. We suggest that you get the sample when you first wake up in the morning.

这是一项用于膀胱或尿路感染的检查。获得尿液样本的最佳时间为：尿液在膀胱中停留至少2-3小时。建议您在早晨首次醒来时采集样本。

Follow These Steps

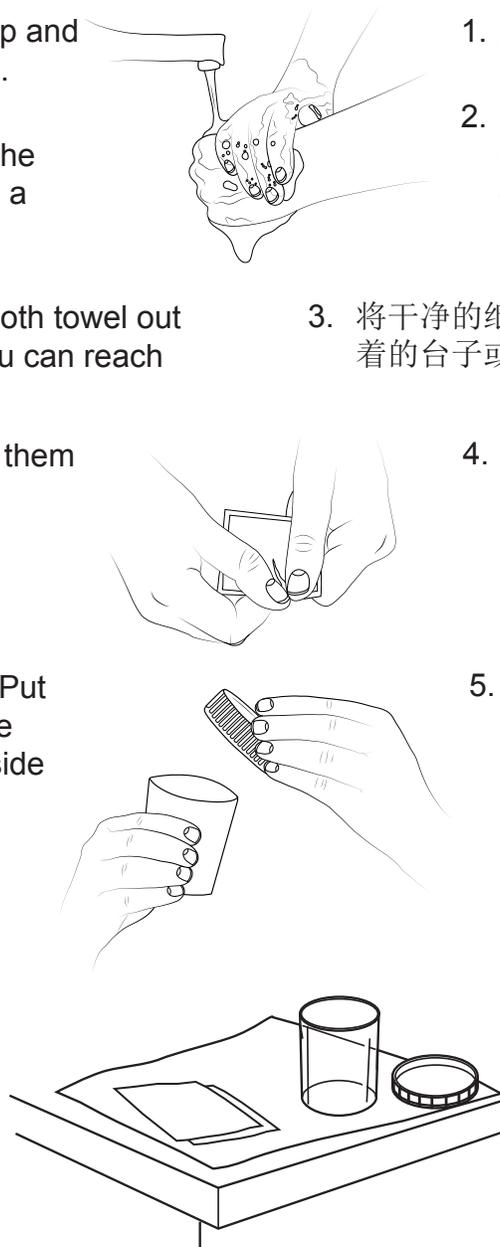
1. Wash your hands with soap and water. Dry your hands well.
2. Get the urine sample kit. The kit has a cup with a lid and a packet of wipes.
3. Spread a clean paper or cloth towel out on a counter or surface you can reach from the toilet.
4. Open the wipes and place them on the towel.

遵循步骤要求

1. 用香皂和水洗手。把手擦干。
2. 取尿样获取工具。该获取工具套件包括一个带盖杯子和一包湿巾。
3. 将干净的纸巾或布巾铺在您从马桶可以够着的台子或台面上。

5. Take the lid off of the cup. Put the lid flat side down on the towel. Do not touch the inside of the cup or lid.

4. 打开湿巾并将其放在布巾上。
5. 取下杯盖。将盖子平放于布巾上。请勿接触杯子或盖的内部。



6. Sit on the toilet and spread your legs apart. Use two fingers on one hand to spread open your labia. The labia are the folds of skin on each side of your vagina. Hold the labia open until you get the urine sample.

6. 坐在马桶上，双腿分开。用一只手的手指分开阴唇。阴唇是阴道两侧的皮肤褶皱。在取得尿液样本之前，需保持阴唇分开。

7. With your other hand, use the wipes to clean your labia.

- With the **first wipe**, wipe from front to back of inner labial folds in one stroke. Throw away the wipe in the trash.
- Use the **second wipe** to clean in the middle over the opening to your urethra. This is where your urine comes out. It is just above the opening to your vagina. Throw away wipe in the trash.



7. 另一只手用湿巾清洁阴唇。

- **第一次擦拭**时，从前向后擦拭一下内唇褶。将擦拭巾丢弃在垃圾桶中。
- 用**第二块湿巾**清洁尿道口上方的中间部位。这是尿液流出的地方。它就在阴道口的上方。将擦拭巾丢弃在垃圾桶中。

8. Urinate a small amount into the toilet, and then stop the flow.

8. 在马桶中小便，但排尿少许后马上停住。

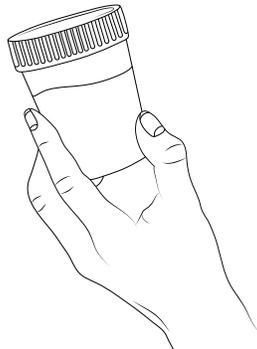


9. Hold the urine cup a few inches from your urethra. Urinate into the cup until it is about half full. Stop the flow. Let go of your labia, and if needed, finish urinating into the toilet (not the cup).



9. 握持尿杯，距离尿道几英寸。向杯中排尿，直至约半满。停止排尿。松开阴唇，如果需要，继续在马桶（而非杯子）中排尿。

10. Put the lid tightly on the cup. Be careful not to touch the inside of the cup or lid.



10. 盖紧杯盖。小心不要接触杯子或盖子的内部。

11. Wash your hands with soap and water.

11. 用香皂和水洗手。

- 12. If you are in the hospital**, call the nurse to take the fresh specimen. Do not allow the sample to sit in the room.

- 12. 如果您在医院**，请尽快联系护士取新鲜样本。尿样不应长时间放在室内。

If you are at home, put the cup in a plastic bag and put the bag in the refrigerator to keep the sample fresh. Take the sample with you when you go to the laboratory or doctor's office, as directed.

如果您在家中，请将杯子放入塑料袋中，并将袋子放入冰箱，以保持样本新鲜。在前往实验室或医生办公室时，按照指示带上采集的样本。

检查结果会发送给您的医生。医生会告知您检查结果。

Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

如果您有任何疑问或疑虑，请咨询您的医生或护士。