

# Baaritaanka Kaadida ee 24-Saac

## 24-Hour Urine Test

A 24-hour urine test shows how well your kidneys are working. You must collect all urine that you pass in a 24-hour period for this test.

Read these directions carefully. If you have any questions, contact your provider before starting this test.

### To Prepare

- You will get a large bottle to collect your urine.
- Put your name on the bottle. There may be a label for you to write on.
- Some tests need a chemical added to the bottle when you begin the test.
- If any urine is spilled or not collected, you will need to start over with a new bottle.
- Do not get toilet paper or stool in the urine.
- Keep the chemical and bottle of urine away from children and pets.
- Keep the collected urine cool or refrigerated. Do not freeze.
- Keep the container in a safe place where it will not spill or be exposed to light.

Baaritaanka kaadida ee 24-saac waxa uu muujiyaa qaabka kilidaadu u shaqeyneyso. Waa inaad aruuriso dhammaan kaadida kaa timaada inta lagu jiro muddada 24-saac ah ee baaritaanka.

Si taxadar leh u akhri tilmaamahaan. Haddii aad qabto wax su'aal ah, la xariir daryeel bixiyahaaga kahor inta aadan bilaabin baaritaankaan.

### Si aad U diyaargarowdid

- Waxaad heli doontaa dhalo wayn oo aad kusoo qaado kaadidaada.
- Dhalada ku qor magacaaga. Waxaa laga yabaa inay leedahay meel calaamad leh oo aad ku qori karto.
- Qaar kamid ah baaritaanada waxay u baahan yihiin in dhalada kiimiko lagu daro marka aad bilaabayso baaritaanka.
- Haddii qayb kamid ah kaadida daadato ama aan la kaydin, waa inaad mar labaad dib u billowdo adoo isticmaalaya dhalo cusub.
- Kaadida ka ilaali xaashida musqusha iyo saxarada.
- Dhalada kaadida iyo kiimikada dhig meel aysan gaarin carruurto iyo xayawaanka guriga.
- Dhig meel qaboow kaadida aad soo qaaday ama geli qaboojiye. Yaysan baraf noqon.
- Dhig weelka meel ammaan ah oo aysan kaadidu ka daadan karin ama meel aan qorax lahayn.

## During the Test

Do not exercise more than usual while you are collecting your urine.

Some tests require you to restrict your diet or certain medicines. Your nurse will let you know if this is needed for the test ordered for you.

## How to Collect Your Urine

1. To start, empty your bladder and flush that urine. Write down this time as the start of your 24-hour urine test. It is often easiest to start when you first get up and go to the bathroom to urinate.
  - Get a clean cup or container to urinate into. You may be given a container that fits under the toilet seat to catch your urine. Be sure to sit enough forward to make sure all your urine goes into the container and not into the toilet water.
  - If you have a chemical to add for your test, pour it in the bottle.
2. For the next 24 hours, urinate in the cup or container and carefully pour the urine into the large bottle. Keep the bottle in the refrigerator or cool it in ice, but do not freeze it.
3. At the end of the 24 hours, urinate one more time. Put the urine into the bottle.
4. Bring the bottle of urine to the lab the day you finish collecting your urine with your lab slip.

## Inta lagu jiro Baaritaanka

Ha sameyn jimicsi dheeraad ah inta aad aruurineyso kaadidaada.

Qaar kamid ah baaritaanada waxaa qasab inaad joojiso cuntada iyo qaar kamid ah daawooyinka. Kalkaalisadaada ayaa kuu sheegi doonta in arrintaan lagaaga baahan yahay si loo sameeyo baaritaanka lagu diray.

## Sida Loosoo Qaado Kaadidaada

1. Si aad u billowdo, faaruq ka dhig kaadi haystaada kadibna biyo raaci kaadida. Waqtigaan meel ku qor si uu u noqdo waqtigaad bilowday baaritaanka kaadida ee 24-ta saac. Badanaa waxaa fudud inaad billowdo marka koowaad ee aad hurdada kasoo kacdo aadna aado musqusha si aad u soo kaadiso.
  - Soo qaado koob nadiif ah ama weel aad ku kaadiso. Waxaa lagu siin karaa weel le'eg gudaha kursiga musqusha si kaadidaadu ugu daadato. Hubi inaad xoogaa horey-horey usoo fariisato si kaadidaadu ugu daadato weelka aysana ugu daadan biyaha musqusha.
  - Haddii aad haystao kiimiko aad dooneyso inaad ku darto baaritaanka, ku shub dhalada.
2. 24 ta saac ee xigta, ku kaadi koob ama weel kadibna si taxadar leh kaadida ugu shub dhalo wayn. Geli dhalada qaboojiyaha ama ku qabooji baraf, laakiin kaadidu aysan baraf noqon.
3. Marka 24 ta saac dhammaato, kaadi mar kale oo dheeraad ah. Ku shub kaadida dhalada.
4. Keen dhalada kaadida shaybaarka maalinta aad dhameysto aruurinta kaadida oo ay la socoto boonada shaybaarka.

**For Example:**

1. At 7:00 AM, urinate but do not save this urine. This is the start time of your test.
2. Collect all your urine for the rest of the 24 hours.
3. At 7:00 AM the next day, urinate and put this urine into the bottle.
4. Bring the bottle of urine to the lab.

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

**Tusaale:**

1. Marka ay tahay 7:00 Subaxnimo, kaadi laakiin kaadidaan meel haku shubin. Kani waa waqtiga uu bilaabanaayo baaritaankaaga.
2. Aruuri dhammaan kaadida aad kaadiso inta lagu jiro 24 ta saac ee xigta.
3. Marka ay tahay 7:00 Subaxnimo maalinta xigta, kaadi oo ku shub kaadidaas dhalo.
4. Keen dhalada kaadida shaybaarka.

Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.