

MIMI 24 HAORA (24HOUR URINE COLLECTION)

Ka whakarato mātou i tētahi pātara hei kōhi i tō mimi. Tērā pea he kūtere rokiroki kei te takere o te pātara, ā, he tāoke pea tēnei.

- Kaua e tukuna te kūtere kia pā ki tō kiri.
- Kaua e tukuna ngā tamariki kia whakatata ki te pātara.
- Kaua e makaia te kūtere rokiroki ki waho.
- Whakaputua te pātara ki te wāhi mātaotao tae noa kia kawea atu ki te taiwhanga pūtaiao.

Me pēhea te kōhi i te mimi 24 haora

Me tīmata i tēnei hātepe i tō aranga ake i te ata:

1. Mimi ki roto i te heketua. Kāore e hiahiaatia kia kohia taua mimi tuatahi. Me whakarite kia piako katoa tō tōngāmimi.
2. Me kōhi ngā mimi katoa e mimia ana e koe puta noa i te 24 haora ka whai ake.
3. Mēnā me tiko koe, me mimi ka kōhi i te mimi i te tuatahi kia kaua taua mimi e ngaro.
4. Kohia te tautauira mimi whakamutunga i te 24 haora i muri i te kohinga mimi tuatahi. Ahakoa kāore pea koe i te hia mimi, me whakapiako katoa tō tōngāmimi.
5. Tapaina te pātara ki tō ingoa katoa, tō rā whānau me te wā me te rā i kohia ai.
6. Me whakarite kia whakarawe ngitahia te taupoki pātara.
7. Kawea atu te tautauira 24 haora me te puka tonu ki te taiwhanga pūtaiao i te rā e kohia ai te tautauira whakamutunga.

Mō ētahi anō mōhiohio me whakapā ki te taiwhanga pūtaiao matua i (04) 381 5900

For all enquires please contact WELLINGTON SCL on 04 381 5900

Patient information - Instructions for collecting 24hr urine – Maori