소변 샘플 – 여성 (청결 채취)

Urine Sample – Female (Clean Catch)

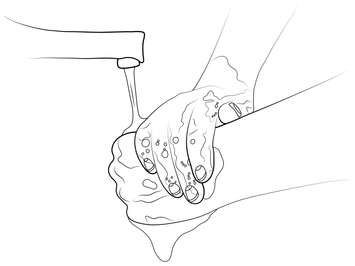
This test is done to check for bladder or urinary tract infections. The best time to get a urine sample is when the urine has been in your bladder for at least two to three hours. We suggest that you get the sample when you first wake up in the morning.

이 검사는 방광이나 요도에 감염 여부를 확인합니다. 소변 샘플을 채취하기 가장 좋은 시간은 소변이 방광에 최소 2 ~ 3 시간 동안 있었을 때입니다. 아침에 처음 일어날 때 샘플을 채취하기를 제안합니다.

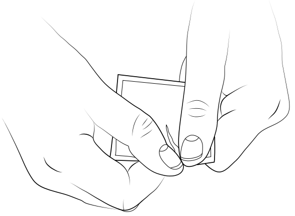
Follow These Steps

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.
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.

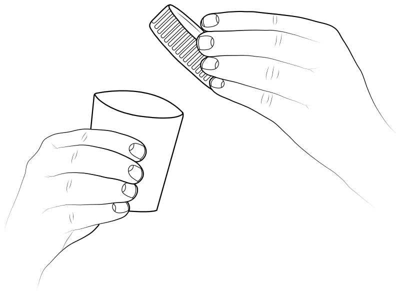
아래 단계를 따르십시오



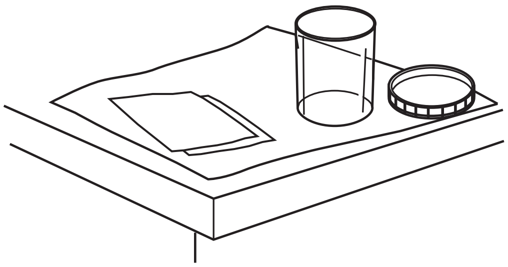
1. 물과 비누로 손을 씻으십시오. 손을 말리십시오.
2. 소변 샘플 키트를 받으십시오. 키트에는 뚜껑이 달린 컵과 물티슈 한 봉지가 있습니다.
3. 화장실에서 손이 닿을 수 있는 카운터나 표면에 깨끗한 종이나 천 타월을 펼치십시오.



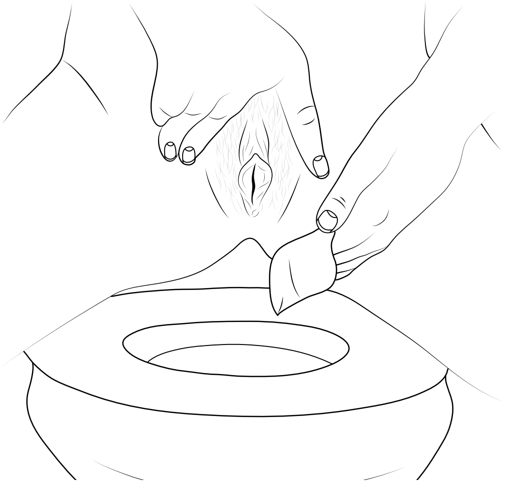
4. 티슈를 연 다음 타월 위에 놓으십시오.



5. 컵 뚜껑을 여십시오. 뚜껑의 납작한 쪽이 아래에 가도록 타월에 놓으십시오. 컵이나 뚜껑 안을 손으로 만지지 마십시오.



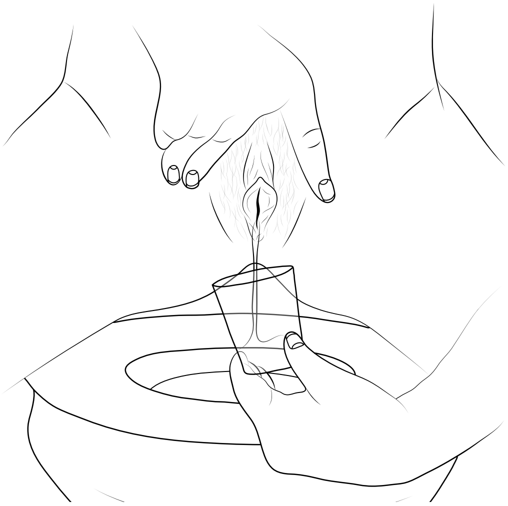
6. Sit on the toilet and spread your legs apart. Use two fingers on one hand to spread open your labia. The labia are the folds of skin on each side of your vagina. Hold the labia open until you get the urine sample.
7. With your other hand, use the wipes to clean your labia.
    - With the **first wipe**, 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.



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

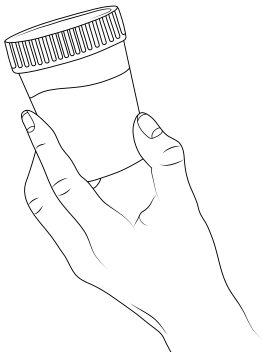
6. 변기에 앉아 다리를 벌리십시오. 손 가락 두개로 음순을 벌리십시오. 음순은 질 양쪽에 접힌 피부입니다. 소변 샘플을 얻을 때까지 음순을 벌린 상태로 유지하십시오.
7. 다른 손으로는 물티슈로 음순을 닦으십시오.
    - 첫 번째 물티슈로, 내순 주름의 앞뒤로 한 번에 닦으십시오. 쓰레기통에 물티슈를 버리십시오.
    - 두 번째 물티슈를 사용하여 요도 입구 중간을 닦으십시오. 이 부분으로 소변이 나옵니다. 질 입구 바로 위에 있습니다. 쓰레기통에 물티슈를 버리십시오.
8. 소량의 소변을 변기에 눈 다음, 흐름을 멈추십시오.

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. 요도에서 몇 인치 떨어진 곳에 소변 컵을 유지하십시오. 컵이 반쯤 찰 때까지 소변을 누십시오. 소변을 중단하십시오. 음순을 놓고, 필요한 경우, 변기(컵이 아님)에 소변을 누십시오.

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



10. 뚜껑을 꼭 닫으십시오. 컵이나 뚜껑 안을 손으로 만지지 않도록 조심하십시오.

11. Wash your hands with soap and water.

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.

    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.

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.

11. 물과 비누로 손을 씻으십시오.

12. **병원에 있는 경우**, 신선한 샘플을 가져가도록 간호사에게 알리십시오. 샘플을 방에 두지 마십시오.

    집에 계시다면, 컵을 비닐 봉지에 넣고 냉장고에 그 봉지를 넣어 샘플을 신선하게 유지하십시오. 지시에 따라, 실험실이나 의사 진료실에 갈 때 샘플을 가지고 가십시오.

검사 결과는 의사에게 보내집니다. 의사가 결과를 여러분과 상의할 것입니다.

질문 또는 우려사항이 있을 경우 의사나 간호사와 상의하십시오.

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