

排尿試驗

說明

本資料是專業醫務人員向您提供資料的補充。 如果您對這些說明仍然覺得難以理解或者難以按此操作,請找專業醫務人員重新解釋。

- 每小時飲用半杯飲料或水,或者24小時內飲用2升飲料或水。如果是喝茶或者咖啡,請勿在一小時內飲用其他飲料
- 晚上8點以後,請減少飲水量,勿喝茶或咖啡
- 如果接受利尿劑治療(如Lasix), 請在早上而非傍晚用藥
- 嘗試每隔二至四小時排尿一次,或者有尿意時排尿一次;但不要超過4小時
- 嘗試兩段或三段排尿,即,在一個容器中排尿,然後散步5分鐘,回來後在同一個容器裡再次排尿。

有時候,在馬桶上多坐一會兒也有助於將膀胱內尿液排得更加乾淨。完成兩三段排尿後,請護士來測量尿量,並馬上做膀胱掃描。 時間不可間隔太久,否則掃描結果不準確。

- 如果排尿量很多,而殘餘尿的測量結果又很低,就表示排尿試驗 成功。
- 若不適,可定時服用止痛片(如Panadol)。
- 如果排尿試驗不成功,患者可以有下述兩種選擇:

選擇一: 患者學會在家中間斷自行導尿。

選擇二: 患者被重新插入導尿管後可出院回家;10天後重新住

院再次接受排尿試驗。

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