

Q1: What are the 10 parameters and what do they test for?

- **Leukocytes:** White blood cell presence may signal infection
- **Nitrites:** Presence may point to urinary tract infection or other infection
- **Urobilinogen:** checks for liver disease
- **Protein:** tests for functioning kidneys
- **PH:** Measures acidity level of urine, may indicate risk of kidney stones
- **Blood:** May show up due to infection, injury, inflammation, cancer or kidney stones.
- **Specific gravity:** Evaluates the body's water balance and urine concentration.
- **Ketones:** Caused by unbalanced diets such as high protein/low carb or disorders of increased metabolism.
- **Bilirubin:** Could indicate liver or gallbladder problems such as gallstones, hepatitis, cirrhosis or tumors.
- **Glucose:** Commonly test for diabetes; measure blood sugar levels in the body

Q2: When is the best time to test?

A morning urine sample is the best for testing.

WHY: The urinalysis that tests specifically for nitrites requires time to convert nitrates to nitrites. First morning urine is best, assuming you have slept for at least 4 hours without urinating, and the bacteria has had sufficient time to complete the conversion, and provide a concentrated sample for testing.

Q3: How do I perform the test?

- Dip the test strip into the urine for two seconds.
- Tap the test strip on the side of the container to remove urine excess. You don't want the urine to mix the different chemicals between panels.
- Wait 30 seconds and check the panel that is second from the bottom (pH) first. If the reagent is orange, that's probably too acidic to help your body get rid of an infection. If it is deep green remember that high alkalinity may irritate the bladder as much as high acidity. You can adjust your urine pH by diet --see/call a dietitian.

- Immediately then check the middle panel (protein). Any greenish-turquoise coloration indicates the presence of protein. This could indicate a kidney infection or that kidneys are not working efficiently. See a medical professional.
- Check the bottom panel (blood) next. If within 60 seconds of dipping a strip the bottom indicator becomes green, it means there is blood in your urine. It could have been visible in the sample of urine. This can be caused by a number of different things. See a medical professional for advice.
- Next, look at the second to top panel (Nitrite). If it is pink, it means there are nitrites in your urine sample. Nitrites are derived from nitrates from bacteria, so any pink coloration means you may have a bacterial urine infection.
- Finally, check the top panel (Leukocyte). If it is pink within two minutes of dipping the strip, this indicates that bladder or urethral inflammation might be present.

Tip: We recommend writing the date you open the tests directly on the bottle upon opening, once opened the tests are good for 90 days. Be sure to close the bottle tightly each time you remove a test, and to keep the moisture packet in the bottle.

Q4: How long do I have to read the results?

It takes a varied amount of time for each panel to finish reacting. It ranges from 30 seconds to 120 seconds. Each parameter can be read for up to 2 minutes after the instructed time frame. For example, Glucose takes 30 seconds to get results and can be read up to 2 minutes after, or 2 minutes and 30 seconds. Leukocytes take 120 seconds for results and can be read up to 4 minutes after the start time of testing. The test time for each panel is listed on the bottle below each parameter for reference.

Tip: An unused strip may not match up to the lowest control measurement on all parameters. Each parameter has a different normal to abnormal range, which is listed in the manual.

Q5: What can cause false readings?

- Taking certain drugs such as, Levodopa (generic for Sinemet), Phenazopyrazine, Valproic Acid, and Vitamin C, can cause a false positive for Ketone.
- Dehydration, low urine pH, high Specific Gravity (urine density), and an old urine sample can cause a false positive for Ketones as well.
- Most urine testing kits detect Acetoacetate, and not the predominant ketone Beta-Hydroxybutyrate. It is possible for the test to be negative with high levels of Beta-Hydroxybutyrate, and then, as Ketoacidosis improves, and Ketone levels fall, the urine test becomes positive for Acetoacetate.

- Urine with a pH of 7.5, or the presence of; penicillin, pus, semen, or vaginal discharge can cause a false positive for high protein in urine.

Q6: What parameters are to test specifically for UTI or Bladder infections?

The Leukocyte and Nitrite panels are the two main parameters to indicate the possibility of a UTI (Urinary Tract Infection) or Bladder infection. Other parameters such as Blood could be an indication as well, but may be present for other reasons.

Q7: What colors indicate a positive for the presence of a UTI and what colors indicate a negative result?

The only way for you to know if you have an actual bladder INFECTION (also known as a UTI) is to get diagnosed by a doctor. They will take your urine and over a couple of days they will try to grow bacteria in a petri dish. Typically the bacteria of a bladder infection is E.coli (the bacteria that we have naturally occurring in the gut, but it can travel from the back to the woman's urethra).

What this dip-test does is give you a good indication of whether or not you have a bladder infection. Again, always confirm results and diagnosis with a doctor following a positive result.

Other SIGNS of bladder infections include; White blood cells (Leukocytes), Nitrites (which is basically the by-product of bacteria...like what the bacteria poops), and proteins. If all 3 of these are present, then you most likely have a bladder infection. If you have one of these, then you may have some sort of bladder disease like Interstitial Cystitis or Bladder Cancer. Again, always confirm results and diagnosis with a doctor following a positive result.

Q8: What can cause a false positive for a UTI?

In general false positives in UTI (Urinary Tract Infection) parameters rarely occur. However, the test can be positive if (Please contact your healthcare professional if a positive result occurs, especially after re-testing):

- The genital area is not cleaned thoroughly.
- There is vaginal discharge or menstrual blood in the urine. (Women only)
- There is inflammation in the urinary tract.

Q9: None of the parameters changed color, is this considered an invalid test?

No, each parameter has a control (start) color and a normal (result) color, most parameters that are close to the control would be within normal range.

Each parameter on the test strip includes a different color, the color chart indicates a spectrum, and the range of colors after testing to compare results.

Q10: Can I urinate directly on the strip?

A collected fresh and sterile sample of urine is needed in order to accurately test. If you pee directly on it, it may not reach all 10 parameters on the strip.

TIP: We recommend using the “clean catch” method for the most accurate results.

Q11: What is a “clean catch”?

The clean catch method aims to prevent bacteria from the skin from contaminating the urine specimen. To do this you must collect a urine sample midstream. This means that you should start urinating, then stop your flow, and place the collection container underneath your genital area (or test strip if testing midstream) and then release your urine flow again.

Q12: Can it measure an actual numerical pH?

The test gives a numerical range where you determine the approximate value of the pH based on the color the strip turns when exposed to the urine sample, within the instructed time frame (minimum 60 seconds, maximum 3 minutes pH reading time). (5.0 to 9.0 range)

Q13: What does a spotty result indicate?

This happens when the urine sample tested was most likely contaminated. We recommend retesting, and making sure the sample is clean and free of soap, vaginal discharge, menses, or some other contaminant.

TIP: Be sure to follow instructions carefully to prevent this. Read the center portion of the test squares to match with the color chart for the most accurate results.

Q14: Does a darker color mean I have a more severe infection/disorder? Why is there more than one possible color for a positive test result?

No. Each person's body chemistry is unique and will create a different shade of color on the test pads.

Q15: Can this screen for a yeast infection?

No, these strips deal with the urine, and the infections within the urinary tract system, urethra, ureter, kidney, and bladder.

WHY: A yeast infection is generally a vaginal infection, which does not show in the urine.

Q16: Can taking Vitamin C supplements interfere with the Urine Test?

Vitamin C supplements, also referred to as ascorbate, contain ascorbic acid. The ascorbic acid can interfere with the chemical reaction, and cause false negatives for the urinalysis test. It is recommended to abstain from taking Vitamin C supplements for at least 1 day prior to testing to help avoid a false negative result.

The analytes affected and the level of ascorbic acid that is needed before interference occurs are listed in the following table:

Analyte	Interference Level of Ascorbic Acid
Bilirubin	>25 mg/dL
Glucose	>50 mg/dL
Nitrite	>25 mg/dL
Leukocytes	Unspecified
Blood	Unspecified
Urobilinogen	Unspecified

Q17: What is a normal range for specific gravity parameter?

Specific gravity tests the density of your urine. Our manual lists a normal range as 1.016 to 1.022, and our testing range is between 1.000-1.030.

If your kidneys are functioning normally, the result should fall within our testing spectrum. The normal range is the average among most adults. Many medical or health conditions can cause an abnormal result such as; diarrhea, dehydration, glucose in the urine, heart failure, etc.

NOTE: If your testing range is alarming, consult with a physician for lab confirmation.

We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at healthcare-manager.com