



# Urinalysis Test Strips

## (Instructions for Testing)

By Dr. Donna F. Smith

**Supplies:** (Store Strips at Room Temperatures of 59° F– 86° F or 15° C– 30° C.

1. One or More Urinalysis Reagent Test Strips or Container of 100 Urine Strips, depending upon your initial Analysis Fee for Urinalysis Testing Kit.
2. Plastic Baggy –not included. This is required when Dr. Smith asks you to mail your test strip to our office. Using a permanent marker label the baggy with "Client's First and Last Name, Date and Time of testing urine."
3. One sterile, dry glass jar, such as a small mason jar – not included.
4. One paper towel – not included.

### **Urinalysis Reagent Test Strip Kit or Container includes:**

1. **Urine strip** - Each strip is designed for six urine tests: Glucose, Protein, Nitrite, pH, Blood and Leukocytes. Do not touch the test pads on strip or remove from container or storage baggy until ready to test.

### **TESTING INSTRUCTIONS**

#### 1. **When To Test:**

- a. **First Test** - Within 5-7 days after receiving your Urinalysis Reagent Strips, follow the instructions in this document using one test strip.
- b. **Retesting** – Dr. Smith will indicate the dates for repeating these instructions to retest urine for those who have received 99 or less individual test strips, according to the amount paid for in their Analysis Fee. For those who have a container of 100 strips, retesting instructions are included in Step #5.

#### 2. **Testing Procedure:**

- a. **Upon rising in the morning**, collect your first urine into a small sterile glass jar, such as a small mason jar.
- b. **Gently and slowly** move the jar backward, forward, and side to side to help mix the contents in the urine. **Do not shake.** Repeat this several times until the urine contents looks well mixed. (Note: You will observe that urine is not just a yellow-colored water, it may have specks of other contacts that are white, dark, red and some of these specks may be more solid than others) So when the urine looks well mixed after gently and slowly rotating the jar, you are ready to test the urine. **Do this for less than one minute.**



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- c. Insert one test strip into the collected urine and then remove it. This should be done within **one second**.
  - d. When you remove the test strip, pad the strip **lightly** on a paper towel to remove any excess urine. This also helps reduce the risk of over saturating the test pads causing them to bleed into each other.
  - e. After the strip has been removed from the urine in the jar begin counting seconds. **Count 120 seconds, then proceed to Step 2 or Step 3, whichever applies to you.** In other words, if your Analysis Fee paid for less than 100 Individual Urine Test Strips, go to Step 2. However, if your fee included a container of 100 Urine Test Strips, then go to Step 3.
3. **Urinalysis Test Strips (99 or Less)** – After allowing 120 seconds for the air to set the color of the test strip, insert the test strip into a plastic baggy. Then seal the baggy air tight, and with a permanent marker write the Client's Name with Date and Time of Test on the outside of the baggy. Insert the baggy with the test strip into a #10 mailing envelope addressed to **Advanced Clinical Nutrition** and **Priority Mail** to our office.

This concludes your instructions for the Initial Assessment (first) and Retesting of your urine, using Urinalysis Test Strips for those who receive 99 or less individual test strips.

4. **Urinalysis Test Container (100 Strips)**
- a. Allow 120 seconds for the air to set the color of each pad on the test strip.
  - b. Then compare the color on the strip to the various colors on the outside of the container until you find the color that matches for each test.
  - c. **Positioning the Test Strip to Align with Color Chart on Container:** You will notice near the bottom of the container is the word "Handle." This means if you are holding the handle of the test strip with your left hand then your left hand would be positioned to the left of the bottom of container and the top of the test strip would be close to the top of the container, with your right hand holding the container on its side.
  - d. Onto the "**Urinalysis Test Strip Record**" sheet, record the test answer for all six urine tests. For example:



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- i. **Record "Neg" for negative**, if the color on your test strip matches the color in the first column of the Color Chart on the container for Glucose, Protein, Nitrite, Blood and Leukocytes. However, for pH, you would record the number 5 if your test strip color matches the color in the first column on the container color chart.
- ii. **If Not Negative, then...**
  1. **For Glucose, Protein, pH and Leukocytes**, record the number under the container's color chart that matches the color on the test strip for each of these tests.
  2. For **Nitrite**, your test color will match either Negative (Neg) or Positive (Pos). So you will not record a number, but the letters.
  3. For **Blood**, if not Negative, then the number to record for Blood is in between two color charts. The top color chart for blood is Non-Hemolysis and the bottom color chart is Hemolysis. In other words, you record the number 10, 50 or 250, depending upon which color chart above or below these three numbers that your test strip matches. For example, you record the number 50 if your test strip color matches the color above or below the number 50 for Blood.

### 5. **Frequency of Testing for those who have a Container of 100 strips:**

- a. **First Test** - Within 5-7 days after receiving your Urinalysis Reagent Strips, follow the instructions in this document using one test strip.
- b. **Retesting** - Once a month, until otherwise instructed, repeat the instructions in this document to retest urine and record results on the next available row on the **Urinalysis Test Strip Record** sheet.
- a. **When To Test Once A Month?** Choose the one that applies to you:
  - i. **The Day before each Monthly Progress Reporting (PR) Consultation** with Dr. Smith test and send results to Dr. Smith by emailing a copy of your Urinalysis Test Strip Record Sheet. If you do not have email, then be ready to verbally communicate the results to Dr. Smith at this consultation.



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- ii. **Retest four weeks from the date of the last test if Monthly PR Appointments no longer apply to you. Then submit your test results before each Report of Finding (RF) Consultation:** Ideally, you will be retesting every fourth week on the same day. For example, retesting every fourth Wednesday of the month.

### 2. **Submitting Results to Dr. Smith:**

- a. Provide a copy of the **Urinalysis Test Strip Record**, the day before each Progress Reporting (PR) and Report of Finding (RF) Consultations with Dr. Smith. For comparison evaluation, each Urinalysis Test Strip Record submitted should have the current urine test results, along with all test results that were previously recorded on that sheet.
- b. Should Dr. Smith ask that you mail your urine test strip, use a permanent marker and write the **CLIENT'S FIRST AND LAST NAME WITH DATE AND TIME OF URINE TEST** on the outside of a zip lock sandwich-size plastic baggy and **PRIORITY MAIL to our office on the test day.** Plastic baggies can be regular or freezer baggy.

### 3. **Need a Blank Urinalysis Test Strip Record?**

- a. For more copies of the **Urinalysis Test Strip Record** sheet, go to our client website and look for "**Forms and Questionnaires**" in the left side **Table of Contents**. Then click on the pop-out webpage titled, "**All Forms & Questionnaires.**" When this webpage opens, scroll down until you find this document listed alphabetically. Then click on its PDR icon to open and print the document.
- b. When printing, print this document on both sides of the same paper.

**NOTE:** For those who received a container of 100 test strips, enclosed in the container is a sheet from the company who makes the urine test strips. You may read the following for additional information if desired: (1) Test Procedure in Second Column, (2) Handling Procedure in Second Column, (3) Quality Control in Second Column and (4) Storage and Shelf Life / Disposal in 1<sup>st</sup> Column, 3<sup>rd</sup> Paragraph). However, for those who did not receive this sheet, all the essential information you need is included in this document.

**TO AVOID DELAYS IN YOUR ASSESSMENT, PLEASE CALL (940) 761-4045 IMMEDIATELY IF YOU HAVE ANY QUESTIONS FOLLOWING THESE INSTRUCTIONS. IN OTHER WORDS, PLEASE DO NOT EMAIL QUESTIONS.**