

Urine Testing Kit Instructions

1)	Clean a small area, ideally near the sink in your bathroom, for you to perform the test.
2)	Assemble the required equipment to test your urine specimen. This is: • Urine testing strips • Urine specimen pot • Funnel for specimen pot • Instruction sheet • Stopwatch • Pencil and paper
3)	Wash your hands with soap and water for 2 minutes (as per recent instructions on safe handwashing).
4)	Insert the funnel into the specimen pot. Please pass urine into the pot.
5)	Remove the funnel and completely immerse a urine test strip into the sample of urine you have just passed.
6)	Set your stopwatch for 1 minute. Hold the strip horizontally to prevent the strip colours running from square to square.
7)	Put the lid on the urine specimen container and keep until you have spoken to your MS team. Dispose of the rest of the urine into the toilet and the other waste in a bin bag. Wash your hands and clean the area you have used.
8)	Read the results on the test strip at the allocated time and write these down straight away. Please write down if the urine test strip is negative or positive to protein. You can also write down any questions you may have about this test.

What is in the test kit?

In this kit are included:

- urine testing strips in a screw-top container
- a specimen bottle with lid
- either a funnel that fits the specimen bottle or a separate cup

