

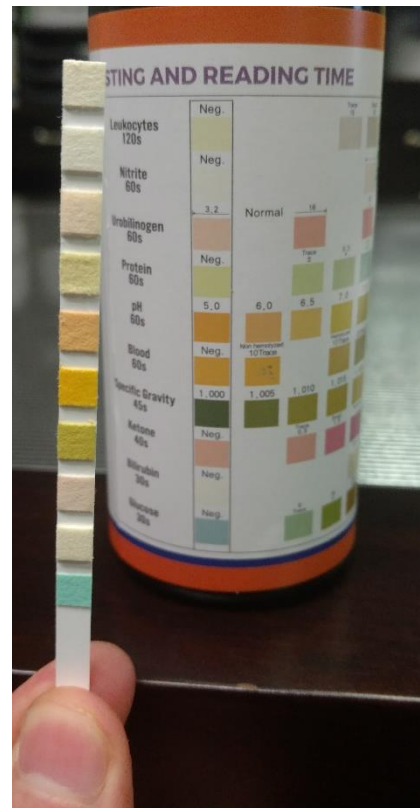


FUNCTIONAL WELLNESS AND CHIROPRACTIC CENTER

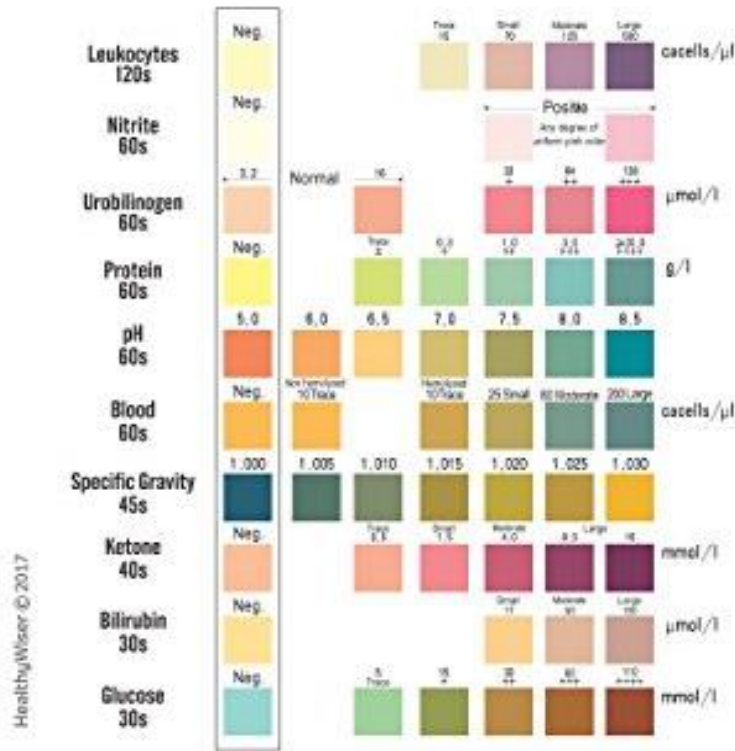
Urinalysis Results

Urinalysis can provide very useful information for screening and tracking the progress of certain conditions. Such conditions include: kidney stones, urinary tract infections (UTIs), diabetes, kidney infections, and other kidney issues.

Instructions: ****Be sure to have timer ready**** With first urine of the day (after 3 AM), fill cup to as close as 100 mL as you can by catching urine midstream. Take cup of urine and dip the test strip so that all 10 urinalysis parameters are submerged in urine for at least 1 second. Take urinalysis strip out of urine and get excess urine off of strip by scraping strip on the top of the cup (left picture). Once strip is out of urine, start the timer. Be sure to get results by comparing urine test strip upright (right picture) to the results picture (picture on next page).



TESTING AND READING TIME



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Test	Time (seconds)	Baseline							Units
Leukocytes	120	Neg			Trace 15	Small 70	Moderate 125	Large 500	cells/ μ L
Nitrite	60	Neg			Positive: any degree of uniform pink color				
Urobilinogen	60	0.2		16		32 +	64 ++	128 +++	μ mol/L
Protein	60	Neg		Trace +/-	.3 +	1.0 ++	3.0 +++	>20.0 ++++	g/L
pH	60	5.0	6.0	6.5	7.0	7.5	8.0	8.5	
Blood	60	Neg	Non hemolyzed 10 Trace		Hemolyzed 10 Trace	25 Small	80 Moderate	200 Large	cells/ μ L
Specific Gravity	45	1.000	1.005	1.010	1.015	1.020	1.025	1.030	
Ketone	40	Neg		Trace .5	Small 1.5	Moderate 4.0	Large 8.0	Large 16	mmol/L
Bilirubin	30	Neg				Small 17	Moderate 50	Large 100	μ mol/L
Glucose	30	Neg		Trace 5	15 +	30 ++	60 +++	110 ++++	mmol/L

The above graph is an expanded view of the results picture, because the numerical values are difficult to see. Be sure to have the correct value with the correlated color result of the urinalysis.