



How to use your home urinalysis kit



Instructions for kidney transplant patients

It is very important that you follow the recommended schedule for urine tests (urinalysis) to make sure that your new kidney is working properly following your transplant.

For transplant patients, urinalysis tests for the presence of leukocytes [LEU], nitrites [NIT], protein [PRO] and blood [BLO] in your urine (pee). Normally this is done in the hospital but because of the Coronavirus (COVID-19) pandemic we are encouraging kidney transplant patients to test their own urine at home, using this simple kit.

Please let us know the results at least 48 hours before your clinic appointment –by email if you're able or by telephone if you're not.

Guide to using the urinalysis kit:

<p>What is in the pack?</p> 	<ul style="list-style-type: none">• Plastic bottle with colour guide label.• Supply of reagent strips (dipsticks).• Manufacturer's instructions.• Absorbent sachet (for keeping the strips dry during storage).• Two specimen pots – one for testing and the second to give a clean sample if requested by the transplant team.
<p>In preparation</p>  	<ul style="list-style-type: none">• Gather all your equipment before you start – your pack contents, a clean, dry specimen pot and tissues / kitchen roll.• Always wash your hands with soap and water before and after testing your urine.• Check the expiry date on the side of the bottle to make sure the kit is in date. (Contact the Transplant Team if it is not!)

How often will I need to do this test?

- **Before each appointment with the Transplant Team.**
- We will send you a text reminder 10 days, and again 4 days, before your appointment date. You will need to email your results in time for this appointment date.

Collect your urine



- Collect some urine in the clean specimen pot.

Dipping the strip



- Pick up a strip, avoid touching the coloured squares (replace the other strips into the bottle to keep them dry).
- Dip the strip into the urine sample, making sure all the colour squares are fully immersed. Hold for a few seconds.

Remove strip



- Remove the strip from the urine and tap off any excess, holding the strip horizontally.
- Lay the strip flat on a tissue /kitchen roll.

Colour match your strip to the urinalysis guide on bottle label



- The elements you want to check are:
 - *Leukocytes*
 - *Nitrites*
 - *Protein*
 - *Blood*
- **Wait 2 minutes** before checking the strip against the guide on the bottle label.
- You should then be able to see if the levels are above, below or normal.

<p>If the results are all normal</p>	<ul style="list-style-type: none"> • Inform the Transplant Team via email (preferred) to rbft.renaltransplant@nhs.net at least 48 hours before your appointment. • The team need to know the outcomes of the test, <u>even if they are all normal.</u> • If you could report your results using the label on colour match on the guide, <u>for example:</u> <ul style="list-style-type: none"> ○ Leucocytes [LEU] = 125++ ○ Nitrates [NIT] = <i>NEG or Positive</i> ○ Protein [PRO] = 0.3 30+ ○ Blood [BLO] = 80++ • If you do not have access to email you can telephone your results in 0118 322 8332 or 0118 322 8193 (answerphone only) Mon-Fri 8.30am – 4.30pm)
<p>If some or any of the results are irregular or if you have any concerns</p>	<ul style="list-style-type: none"> • Contact the Transplant Team on 0118 322 8332. Do not delay as you may have an infection. The Transplant Team will advise what to do next. • Out of hours / weekends please contact Victoria Ward on 0118 322 7462 and ask them to seek guidance from a renal doctor.
<p>At the end of the test</p>	<ul style="list-style-type: none"> • Dispose of the used strip and soiled tissues / kitchen towel and wash your hands thoroughly. • Keep your pack in a cool, dry place until the next test.