

vH essentials™ UTI Home Test

Instructions and Use

Read all the information in this pamphlet before performing the test. If you do not understand the instructions, call our technical assistance line at 1-800-635-3696, Monday to Friday 8 a.m. to 4:30 p.m. CST excluding holidays.

Caution:

- Do not perform test after the expiration date
- Do not reuse the test
- Do not take internally
- Store at room temperature (59° - 86° F)
- Do not freeze
- Keep out of reach of children

vH essentials™ UTI Home Test:

- Will give you fast results
- Provides an accurate result at the first sign of symptoms
- Is easy to read

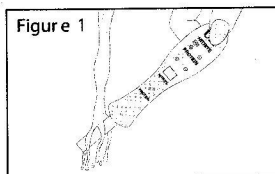
How the vH essentials™ UTI Home Test works:

The vH essentials™ UTI Home Test is a rapid qualitative test for bacterial reduction of urinary nitrate to nitrite and the presence of protein in the urine. Under certain conditions, and when used properly, this test can tell you if you have a urinary tract infection (UTI)(1).

This is a visual test and is read by comparing the color change on the test stick pads to the color printed on the test stick. The color change that occurs during the test is a reaction of the nitrite and/or protein present in the urine. A color change from white to pink is developed when nitrite is detected. A color change from yellow to greenish yellow is developed when protein is detected. The greener the color developed, the higher concentration of protein is detected.

Instructions:

1. Remove the UTI Home Test from the sealed pouch.
2. After some urine has passed hold the test stick in your stream of urine for at least ten seconds so that adequate urine goes into the absorbent pad (figure 1). **NOTE:** At this point do not invert the test stick. Always keep the end of the test stick with the absorbent pad lower than the other end of the UTI Home Test during urinating.
3. Lay it on a flat surface with result window facing up.
4. Read your results within 1-2 minutes. Match the color of each test area to the color chart for that test. Any amount of uniform pink color on the nitrite test pad is positive (abnormal). A positive protein test will give a greenish color.



Important: Ignore any color changes after three minutes.

Test Results: Nitrite Test

If the nitrite test is **NORMAL** (negative), the indication is you do not have a UTI. If you continue to have symptoms of a UTI, test again the next time you urinate (urine must be in bladder at least 4 hours). If you continue to have symptoms, even if the test is **NORMAL**, contact your doctor.

If the nitrite test is **NOT NORMAL** (positive), this indicates that you may have a UTI. Contact your doctor.

Test Results: Protein Test

If the protein test is **NORMAL** (negative), the indication is you do not have a UTI.

If the protein test is **NOT NORMAL** (positive), but the nitrite test is **NORMAL** (negative), test again the following day. If the test is **NOT NORMAL** (positive) again, contact your doctor.

If the protein test is **NOT NORMAL** (positive), and the nitrite test is **NOT NORMAL** (positive), contact your doctor immediately.

Warnings and Precautions

- For in vitro (external) diagnostic use only.
- A person who is colorblind should not make visual color comparison.
- Do not use the UTI Home Test past the expiration date printed on the UTI Home Test sealed pouch and on the bottom of the carton.
- Keep the UTI Home Test away from small children.
- Do not use UTI Home Test if it is discolored or damaged.
- Unpredictable, inaccurate results can occur if the colors are read too early, or too late, or if lighting is poor.
- Do not store with household chemicals as they may cause the test to be ineffective.

Limitations of the vH essentials™ UTI Home Test

The reagent area of the UTI Home Test does not react with other substances normally excreted in urine. False negative results may be caused by large quantities of ascorbic acid (vitamin C), antibiotics, fruit juices, etc. False negative results can be caused when the urine has not remained in the bladder for 4 to 6 hours. False negative results can occur when urine specimens contain microorganisms that cannot break down nitrates. False negative results can be caused by vegetarian diets providing insufficient nitrates. False positive results can occur if the urine specimen appears red due to any cause. False positive protein results may be obtained with highly buffered or alkaline urines. Contamination of the urine specimen with quaternary ammonium compounds (e.g., from some antiseptics and detergents) or with skin cleaners containing chlorhexidine may also produce false positive protein results.

vH essentials™ UTI Home Test Storage and Handling

- Store UTI Home Test in its original sealed pouch.
- Do not use the test if the pouch is not sealed.
- Do not open the pouch in humid conditions such as a steamy bathroom.
- Avoid exposure to direct sunlight.
- Always handle the UTI Home Test with clean, dry hands.

Questions and Answers

Q. What are the common symptoms associated with a UTI?

A. Burning or pain during urination, frequent urination, fever, back or groin pain.

Q. Can I still use the test if I have collected a urine sample in a collection cup?

A. Yes, as long as the urine sample is in a clean, dry container. Immerse the absorbent tip of the test stick into the urine for at least 10 seconds and wait two minutes to read the results.

Q. What if I suspect the results of the test are not correct?

A. If you follow the directions carefully, you should not get a false result. Keep in mind that certain drugs and vitamins may give a false result. If you have symptoms not confirmed by the test always contact your healthcare professional at once.

Q. What if I am unsure about the intensity of the color result?

A. Nitrite: Be sure to use the normal (NEGATIVE) white color block as the absolute reference block for comparing color change. Look for uniform color change on the test pads. Do not use uneven color blotches that could be caused by sediment in the urine.

Protein: Be sure to use the normal (NEGATIVE) yellow color block as the absolute reference block for comparing color change. Look for greenish color developed on the test pad as positive result.

Q. How accurate is the vH essentials™ UTI Home Test?

A. Although the UTI Home Test reliably detects the presence of protein and nitrite in the urine, clinically false results can occur. Quality control testing of 149 urine samples showed that the UTI Home Test correctly identified high levels of nitrite 99.3% of the time (148/149).

Q. When can I do the test?

A. Generally, your first morning urine contains the highest concentration of bacteria produced nitrites measured by the UTI Home Test. Avoid doing the test during your period.

Q. Can the results change after standing for a certain length of time?

A. After both test pads are wetted, test results develop within 1-2 minutes. Please ignore all color changes after three minutes.

Q. How should I store the vH essentials™ UTI Home Test?

A. Store the UTI Home Test in its original foil pouches until use. Store at room temperature below 30° C.

Reagent Composition (based upon dry weight of 100 tests.)

Nitrite:		Protein:	
Arsanilic acid	2.7mg	Tartaric Acid	37.0mg
Tetramethylbezo(h) quinoline	1.2mg	Sodium Citrate	12.5mg
Tartaric acid	15.5mg	Tetrabromophenol blue	1.4mg

References

(1) Sacher, R.A. and McPherson, R.A.: Wildman's Clinical Interpretation of Laboratory Test, 1991