

Urinary Tract Infection (UTI) home testing

MS symptoms can worsen due to the presence of a UTI. Taking a disease modifying drug (DMD) and some other prescription drugs, may affect your immune system, thus making UTIs more frequent.

Doing a test at home may prevent a visit to the GP, and/or mean quicker access to any antibiotics, medication, or if further tests are required.

TESTS AND READING TIME



Testing process equipment to prepare:

- ◆ A new UTI test strip*
- ◆ A tissue
- ◆ A urine sample in a sterile receptacle, deep enough to immerse the test strip. N.B. **your first pee of the day is ideal to give the most accurate reading**
- ◆ Reading glasses, if you need them

* UTI testing kits are widely available in pharmacies and online. N.B. they have a 'use by' date.

Do the test

1. Once prepared to take the test, hold the test strip to the top and immerse all colour blocks in the urine sample for **8 - 10 seconds**.
2. Put the strip on a tissue, for hygiene purposes, and then hold it next to the colour chart on the test strip pot - see image on the left.
3. For a suspected UTI you need to check the **leukocyte esterase** and **nitrite** colours as they will indicate the presence of infection

Leukocyte reading to be taken after 2 MINUTES
Nitrate reading to be done after 1 MINUTE

Leukocyte esterase test looks for a reaction that only happens if there are lots of white cells in the urine. White cells get into the urine when there is an infection.

Nitrite is not normally found in the urine but will appear there if there are lots of germs (bacteria) in the urine. Nitrite test can be negative even if there are lots of bacteria in the urine if the urine hasn't been in the bladder for long. For example, it will be negative if you do your urine sample soon after having passed urine. Ideally you should wait at least four hours from the last time you had a pee before doing your urine sample.

Talk to your GP about your higher risk of UTI, and ask for a few sterile containers. Your GP may accept a photo of the strip to prescribe anti-biotics.

**And, of course, a home test DOES NOT
replace the need to contact your GP
if an infection is suspected**