**Urine UTI/Cystitis Tests – Instructions and Advice Sheet**

**What does a urine UTI/Cystitis test check for?**

This test checks for bacteria and proteins in the urine that are a major cause of UTI’s and Cystitis. If the test result shows positive for Nitrites and/or Leukocytes in the urine, this will indicate a UTI.

**What are Nitrites?**
Bacterium in the urinary tract that cause the infection produce an enzyme that changes the nitrates in your urine to nitrites. Therefore, when testing, nitrites in the urine can confirm a UTI.

**What are Leukocytes?**
Leukocytes are a type of white blood cell, and are produced in the body to help fight off infections and illnesses. Therefore, if leukocytes are present in the urine, it’s highly likely you have a UTI.

**How to test using the Clean Catch method:**

1. Collect urine mid-stream using a collection container
2. Dip the strip into the urine sample for no longer than 2 seconds, ensuring the removal of excess liquids by wiping the strip on the side of the container
3. Read the result of the test after 60 seconds (for leukocytes read between 90-120 seconds).

**Please note: DO NOT read the results after 2 minutes as this may read in a false positive result**

**Results**

If results show positive for Nitrites and Leukocytes, this will indicate a UTI. **If results show positive or you are unsure, please consult your GP or seek medical advice.**

**10 Parameter Test – Checks for below:**

* **Leukocytes** – White Blood Cells produced by the body the help fight infection. Could indicate a UTI or Kidney Infection
* **Nitrites** – Bacteria that causes UTI’s convert nitrates into nitrites. A positive result for nitrites could indicate a UTI.
* **Urobilinogen** –A by-product of the breakdown of Bilirubin. Small amounts are normal, but larger amounts could indicate a liver disease.
* **Protein** – High levels of protein in urine can indicate kidney disease
* **pH** – Checks the acidity or alkalinity of urine.
* **Blood** – Serious UTI/Cystitis can cause blood in urine, as well as other issues such as kidney stones or bladder/kidney cancer.
* **Specific Gravity (S.G.)** – Higher specific gravity could be signs of a UTI, diabetes or even dehydration. Other issues could be a kidney infection, kidney failure or heart failure.
* **Ketone** – Ketones are produced when the body is not able to get its energy from Glucose and so starts to burn off body fat. A high amount of ketones could simply be down to dieting, not eating for prolonged periods of time (12-18 hours), or something more serious such as diabetes.
* **Bilirubin** – A by-product of the breakdown of red blood cells. These cells **SHOULD NOT** be present in the urine, if present, these could indicate liver disease.
* **Glucose** – Not usually found in urine as the kidneys are able to process it and release it back into the body. Glucose in urine can indicate undiagnosed diabetes.

**Final Notice**

If you have any positive or abnormal results outside normal levels, are unsure of your results or are still receiving worrying or concerning symptoms, please seek medical advice and/or consult your doctor immediately.

**What causes a UTI?**
UTI’s are caused by a build-up of bacteria in the urinary tract. The bacterium that usually causes the infection is E.coli. E.coli is present on and around the human body, in particular around the anus, and so insufficient cleaning or incorrect wiping can cause the bacteria to travel into the urinary tract where they ‘stick’ to the walls of the urethra, causing inflammation and infection.

UTI/Cystitis is very common, with over 50% of women contracting a UTI or Cystitis at least once in their lifetime. Women may get UTI’s or Cystitis more often than men because the anus is closer to the urethra, and the urethra is much shorter, meaning bacterium can get into the bladder more easily causing the infection.

**Possible Causes:**

* Having sex
* Wiping your bottom after going to the toilet (particularly if wiping from back to front)
* Inserting a tampon or catheter
* Using a diaphragm for contraception

People who frequently contract UTI’s or Cystitis may need a longer term treatment**.**

**UTI’s can lead to other issues such as kidney infections so it’s important to seek medical advice if symptoms do not improve.**

**Common Symptoms**

* Pain, burning or stinging when you urinate
* Needing to urinate more often
* Urine that is dark, cloudy or strong smelling
* Pain in lower abdominal/tummy area
* Generally feeling unwell (achy, sick and tired)

Mild cases get better on their own, although some may find cranberry tablets/juice help to alleviate symptoms quicker.

**When to see your GP:**

* You have symptoms of UTI or Cystitis for the first time
* Your symptoms don’t get improve after a few days
* You get UTI’s or Cystitis frequently
* You have severe problems (blood in urine)
* You’re pregnant and have symptoms
* You’re a man and have symptoms

**At home treatments include:**

* Paracetamol or Ibuprofen
* Drinking plenty of water
* Holding a hot water bottle on your tummy or between thighs to relieve aches
* Avoid having sex

Some people find over the counter products help to reduce the symptoms of a UTI or Cystitis such as sodium bicarbonate or cranberry tablets/juice.

**To help prevent UTI’s or Cystitis, it may be helpful to try the below:**

* Having showers rather than baths
* Going to the toilet as soon as you need to urinate
* Keeping well hydrated
* Emptying your bladder after sex
* Not using a diaphragm for contraception
* Not using perfumed soaps/talcs around your genitals
* Wear underwear made from cottons rather than synthetic materials (such as nylon)

**Final Notice**

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