

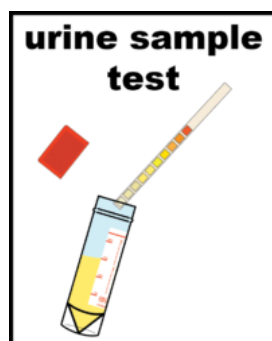
## What is a Urine sample?



When you go to see your doctor or nurse, they may ask you take a urine sample.



You will be given a little pot and asked to wee into it.



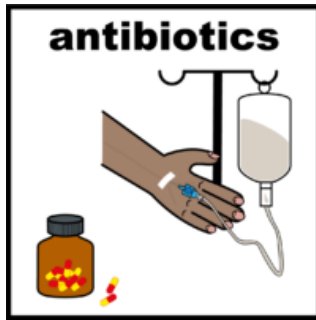
Ask your carers/ parents if you need help. As they will be able help you.

Your doctor or nurse will send this off for tests.

For Professional Use Only						
TESTING AND READING TIME						
	Neg.	5	10	20	30	100
Glucose 30s	Neg.	5	10	20	30	100
pH 60s	5.0	6.0	6.5	7.0	7.5	8.0
Protein 60s	Neg.	Trace	1+	2+	3+	≥20.2
Ketone 40s	Neg.	Trace	1+	2+	3+	≥10
Blood 60s	Neg.	Non-haemorrhagic 100 trace	Very faint 100 trace	25-Small	50-Moderate	200-Large
						cells/ $\mu$ l

In your urine they can test to see if there are things in it that shouldn't be. Such as;

- Blood
- Glucose (sugar)
- Bacteria



If your urine shows the above your doctor or nurse will be able to help you.

You may be given antibiotics  
Or have further tests.

## Colours of urine



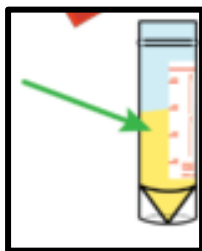
If your urine is dark this shows you may be dehydrated.

You should drink more water.



Your urine might be dark due to medication you take, blood in your urine and the foods you eat.

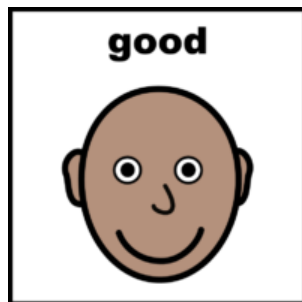
You should talk to your doctor or nurse to make them aware.



The normal colour of urine is yellow.



Some medication / vitamins can make your urine bright yellow. This is nothing to worry about but your doctor should be aware.



If your urine is clear this shows you drink a lot of fluids and this is ok too.

**Smell**



If sugar is in your urine, your urine may smell sweet.

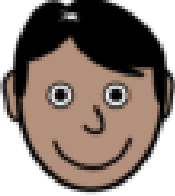
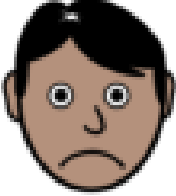
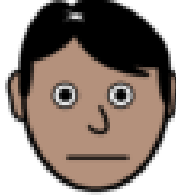


If you have bacteria in your urine, it may give a bad smell.



Tell your doctor or nurse if your urine smells.


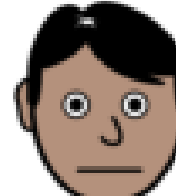
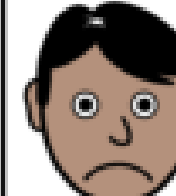
Have you ever had a urine test?

<b>yes</b>  <input type="checkbox"/>	<b>no</b>  <input type="checkbox"/>	<b>don't know</b>  <input type="checkbox"/>
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If you did do you know when?

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How did you feel?

<b>good</b>  <input type="checkbox"/>	<b>ok</b>  <input type="checkbox"/>	<b>bad</b>  <input type="checkbox"/>
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