

HealthyMe[®]

Instructions for Use

Allow the strip and urine specimen to reach room temperature (15-30°C or 59-86°F) prior to testing. Gently wash the genital area thoroughly with soap and water then rinse well prior to testing.

1. Remove the strip from the closed bottle or the sealed pouch, and use it as soon as possible. Close the bottle tightly after removing the required number of strip(s).
2. Hold the end of the strip farthest away from the test pad(s) and begin urinating. After 1 or 2 seconds of passing urine, hold the strip downward with the test pads pointing into the urine stream for 1-2 seconds. Make sure the test pads are completely wet. **See illustration 1.**

Note: If you prefer, you can urinate into a clean and dry container. Dip the test pad(s) of the strip completely into the urine for 1-2 seconds and remove immediately. Run the edge of the strip against the rim of the urine container to remove excess urine.

3. After removing the strip from your urine, immediately bring the edge of the strip into contact with an absorbent material (e.g. paper towel) to remove excess urine. Lay the strip with the test pad(s) facing upwards and begin timing. **See illustration 2.**
4. **Read result at 1 minute for Nitrite and at 2 minutes for Leukocytes.** Compare the test pad(s) to the color blocks on the color chart. Hold the strip close to the color blocks, and carefully match each pad to the color chart for that test. **See illustration 3.**

Note: Do not read results after 3 minutes.

