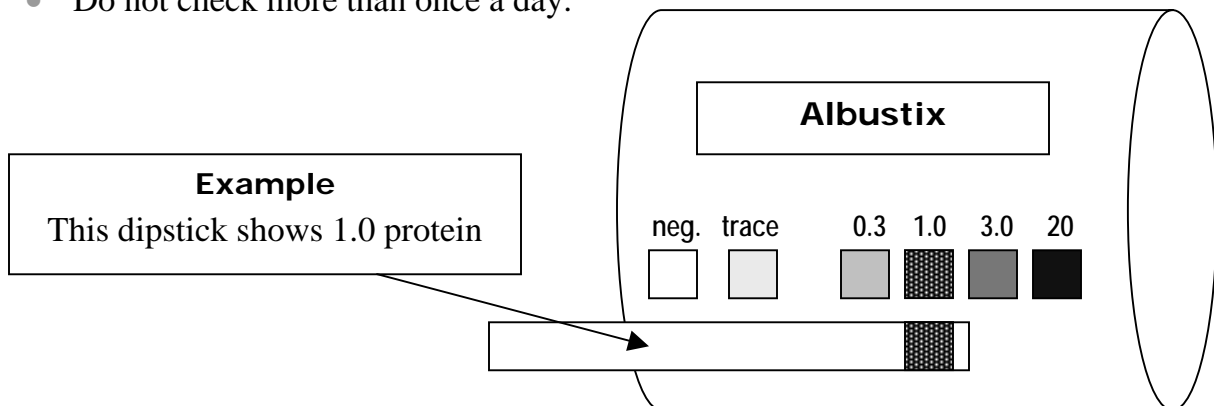


How to check urine for protein

It is best to check the first urine of the day. Be ready to collect your child's urine when he or she gets up in the morning.

1. Have your child collect a small amount of urine in a cup. A disposable paper cup is fine.
 - If your child has trouble urinating (peeing) in a cup, ask for a special collection container that fits over the toilet and catches the urine. Make sure the container is clean. Rinse it after each use.
 - Do not scoop urine out of the water in the toilet.
2. Take 1 dipstick out of the bottle and put the lid back on the bottle right away. Keeping the lid on protects the dipsticks from light and humidity.
3. Dip the square pad at the end of the dipstick into the urine cup or collection container, just long enough to get the square completely wet with urine.
 - Do not let your child urinate (pee) directly onto the dipstick.
 - Do not dip the dipstick into the toilet.
4. Wait 1 full minute.
5. Compare the colour on the square to the colours on the bottle. Find the colour on the bottle that is closest to the colour on the dipstick. Look at the number closest to the square. Write it down on your recording sheet.
 - Do not check more than once a day.



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