

## Using Albustix® to Test Urine for Protein

### Purpose:

The Albustix® is a testing strip that will check your child's urine for protein.

### Steps to follow

1. Help your child collect a small amount of urine in a cup. Your child should not void (pee) directly on the test strip.
2. Take one (1) test strip out of the bottle. **Do not touch the testing end** of the strip.
3. Dip the strip in the urine. Immediately tap the strip on the side of the cup to shake off extra urine.
4. Compare the color on the strip with the color chart on the bottle.
5. Use words and numbers to record the amount of protein. Use "negative, trace, 1+, 2+, 3+ or 4+." Do not use the numbers 30, 100, 300 or 200.

### Example:

| Date | Results |
|------|---------|
| 1/18 | 3+      |
| 1/19 | 1+      |
| 1/20 | Trace   |



### Special information

- Test your child's first urine of the morning. This will give you the most accurate results.
- The doctor or nurse will tell you how often to test your child's urine. You will get a book to record urine test results. Have that book with you every time your child comes for a clinic visit and when you call the nurse or doctor.
- The testing strips may be cut in half the long way to get twice as many strips in each bottle. Do this only to one strip at a time; **do not** cut the entire bottle of strips.
- Store the bottle with the cover on in a dry place, away from sunlight, heat or moisture.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**