

## How to Perform a Urinalysis

1. Urinate into container, we don't use the stream.
2. Dip the UA strip completely in the urine so all reagent squares are saturated. Dab off on paper towel.
3. Place strip across top of collection cup for 2 minutes.
4. Lay chart out flat.
5. After two minutes place the strip on the left side of chart next to the color-coded squares
6. When the timer goes off, take a horizontal photo of strip and the whole chart, keep lights low for glare.
7. Text your photo to Jane at 1-417-252-0330

