THE GREAT AUSSIE WEE TEST

YOUR LOGO HERE

# Your urine self test starts here.




### Blood in your urine is not normal.

If your test shows blood in your urine, it may be an early warning sign of bladder cancer and you should go and see your doctor. Untreated, bladder cancer is a deadly disease and early detection could save your life. This test kit is simple, painless and private.

**This test DOES NOT tell if you have bladder cancer or any disease.** It is an indicator to see if you need a doctor to investigate or not.

Your urine test can also inform you about other possible health conditions such as diabetes or kidney problems. All this can be done by you, in the privacy of your own home.

**Don't delay. Do your urine test today.**




## 1. How to use this kit - please follow the instructions below.

### Clean Container




Find an old jar, glass or a paper /plastic cup. Clean & dry. It is important that the container you use is as clean as possible.

### First thing in the morning




Take your urine sample first thing after you wake in the morning, before you eat or drink anything.

### Urine Sample




Fill the clean container with your urine. Take the sample mid-stream, just a little after you begin. (Women please wait until your period is finished before doing the test). Let the sample cool a little.

### Dip Test Strip



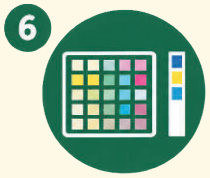

Dip one of the test strips provided into the urine sample in the container. Be careful not to touch the test blocks. Leave for 5 seconds (count from 1 to 5).

### Wait 2 minutes



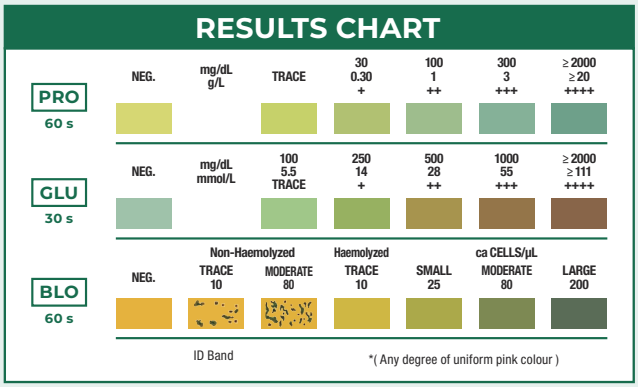

Take the strip out of the container and wait 2 minutes.

### Check results on chart




Check the test strip against the chart for your results. If you get a very high reading on any line, don't panic! Repeat the test the next morning with the extra strip provided.

## 2. Place your test strip against the chart to see your results




**If tests are negative, and you have any concerns about your urinary system, see your doctor to get a urine pathology test.**

## 3. See your doctor if positive

If you get high readings, on any line, see your doctor. Any positive test for BLO red blood cells/erythrocytes test on your strip needs immediate investigation. Early detection of Bladder Cancer is important for treatment and ongoing health.

**PRO** — **PROTEIN**
Not usually found in urine, and may be a sign of a medical condition such as kidney inflammation.

**GLU** — **GLUCOSE**
Not usually found in urine. High levels of glucose in urine may indicate high blood sugar or diabetes. Urine tests on their own aren't used to diagnose diabetes, but can be used to monitor blood sugars in urine.

**BLO** — **RED BLOOD CELLS/ERYTHROCYTES**
Not usually found in urine. A high test might indicate kidney infection, other urinary tract infections, or bladder cancer. A urinary tract infection is usually treated successfully with a course of antibiotics.

**High PRO, GLU & BLO readings need investigation, so SEE YOUR DOCTOR for high readings.**

**PLEASE!** Once you have finished your wee test, scan the QR code to complete the small, 5 minute, anonymous survey, so we can assess the success of the program.
**FOR DOCTORS:** If you have patients who present after doing the test, requiring further pathology, please complete the Doctors survey on our web page using the QR code.