

Urine Dipstick Testing

At each visit during your pregnancy, we ask you to check your own urine in the bathroom.

We will demonstrate at the first visit.

At every other visit, you can take your turn in the bathroom before sitting in the waiting room to wait for your midwife.

The reason we want this information is to check for early signs of pre-eclampsia. We know you can check colours as well as we can, so there is no mystery to it.

The sticks have two boxes on them. One tests for protein in your urine and one tests for glucose.

Depending on the brand that is available when we order them, sometimes they are a blue box and a yellow box, and sometimes they are both yellow.

The boxes will change colour in the presence of protein or glucose in your urine. It is normal for them not to change colour at all, or to change just a very slight amount. You need to get the boxes wet. You have two choices: you can pee in a dixie cup and then dip the stick briefly into the cup, or you can pee directly on the stick.

Once the boxes are wet, compare the colour of each box to the coloured boxes on the bottle.

Once you have decided what colour it is, you can throw the stick in the garbage.

When your midwife brings you in for your appointment, she will ask you what colour the stick was.

If the glucose portion of the stick changes colour, we may have your blood sugar level tested if it has not been tested before. It is possible for someone to be diabetic without having symptoms. It is also possible to have sugar present in the urine as a normal change of pregnancy.

If the protein portion of the stick changes colour, we will send a sample of urine to the lab for more sensitive testing. It may be a normal finding, with the colour change due to the sensitive nature of the stick. It may indicate that you have a bladder infection. And, most seriously, it may indicate your kidneys are working poorly.