**Urine pH Tests – Information and Advice Sheet**

**What does a urine pH test check for?**

The test checks the pH of your urine to see how acidic or alkalic it is. The pH table goes from 1 (very acidic) through to 14 (very alkaline) with a pH of 7 being classed as neutral. On average, urine is slightly acidic, sitting at around a 6 on the pH scale.

If your urine is too acidic or alkaline it can cause skin irritation, making it sore and tender. Acidic or alkaline urine can be down to diet or another underlying problem. Try home remedies first, and if no or very little change occurs in a week, consult your GP.

The pH test is a simple and painless test, helping to check how illnesses, diet and medicines can affect the pH level of urine. Having a higher or lower pH than average can affect the likelihood of forming kidney stones.

Don’t make changes to your diet prior to testing.

**How to test using the Clean Catch method:**

1. Collect urine mid-stream using a collection container
2. Dip the strip into the urine sample for no longer than 2 seconds, ensuring the removal of excess liquids by wiping the strip on the side of the container
3. Read the result of the test after 60 second

**Please note: DO NOT read the results after 2 minutes as this may read in a false positive result**

**Results**

**If your pH result is outside of the parameters of the test (lower than 5 and higher than 8.5) this could indicate that the urine is too acidic or too alkalic, and therefore anyone with these results should consult their GP.**

If the pH result is between 1 and 6 this indicates an acidic environment. Conditions that prefer an acidic environment and issues associated with acidic urine include:

* Dehydration
* Diabetic Ketoacidosis
* Diarrhoea
* Starvation

If the pH result is between 8 and 14 this indicates an alkalic environment. Conditions that prefer an alkaline environment and issues associated with alkalic urine include:

* Kidney Failure
* Kidney Acidosis
* Pyloric Obstruction
* UTI’s
* Vomiting

**Ways to balance pH levels**

To reduce acidity, consider:

* Increasing your intake of water and do not drink tea or coffee.
* Eating more vegetables, citrus fruits, beans and pulses. Reduce intake of meat and dairy products
* Reducing the amount of purine-rich foods such as organ meats (e.g. liver, heart and kidneys), fish and eggs.

To reduce alkalinity, consider:

* Increasing your intake of water and do not drink tea or coffee.
* Taking a Vitamin C supplement (check against any existing medicines you are taking)
* Eating, taking or drinking cranberries, plums or prunes tablets and/or juices.

**If no effects in urine pH are noticed after 1 week of doing the above, consult your doctor.**

**Final Notice**

If you have any results outside normal levels (pH 5 to 8.5), are unsure of your results or are still receiving worrying or concerning symptoms, please seek medical advice and/or consult your doctor immediately.