

Salt Test

Patient information

Name:

Age:

Date:

Materials needed

1. A clean, transparent cup
2. A tablespoon of common salt
3. A sample from your first urination in the morning

Test procedure

1. Collect the first urine of the day in the clean cup.
2. Add one tablespoon of salt to the urine in the cup.
3. Wait for about three to five minutes to observe the reaction.

[] **Negative:** No significant change in the urine after adding salt.

[] **Positive:** A milky/cheesy substance formed.

Disclaimer

This home-based Salt Test is not a scientifically verified method for confirming pregnancy.

Results from this test should not be considered reliable, and we strongly recommend using clinically approved pregnancy tests for accurate results. If you suspect you are pregnant, please consult a healthcare professional for further testing and guidance.

Healthcare professional's information

Name:

License number:

Phone number:

Email:

Name of practice: