

## USER GUIDE

1. Remove the cap of Sample Jar 1 and fill it up with urine until it reaches the mark (20 ml)
2. Remove the cap of Vial 2 containing the IOI Green reactant and add the reactant to the Sample Jar drop by drop.  
**Caution: Do not let the liquid flow, instead, drip it slowly!**
3. Count the number of drops. After each drop, wait 30 seconds and shake the jar. Continue dripping until a swirling white precipitate appears. Then wait two minutes and make sure the precipitation has actually occurred.  
**Caution: If no precipitation is observed, the sample does not contain potassium ions or only very low concentration.**
4. After finishing the test, pour the liquid from Sample Jar 1 into the toilet, then put the cap back on the jars and throw them into a municipal waste bin.

## INTRODUCTION

The aim of the KFIT test device for self-checking KFIT is to detect urinary potassium ion level. The IOI Green solution forms precipitate when dripped into urine. **The result of the test is the number of drops dripped into the urine.** This way, potassium ion deficiency can be determined in a few minutes. The received result can be checked under the **EVALUATION** section of this user guide. The received result is indicative only. Seek a specialist's help and do not implement any kind of medical treatment without prior consultation.

## **CONTENTS OF THE BOX**

1 piece of Sample Jar numbered 1 with screw cap; 1 piece of Vial numbered 2 containing the IOI Green reactant with cap, containing enough reactant to perform one test; and a user guide.

## **CAUTIONS**

**Before use, please read this user guide carefully!**

Only after careful perusal and understanding of the user guide should you begin the test. If you have questions about using the test, please consult with our office or search for webpage.

Only use damage-free products!

Store the product at a dry place, away from sunlight, between 5-30 Celsius degrees.

Do not freez the product!

Keep away from children!

The test is only for in vitro diagnostics purposes.

Do not take it into the mouth, do not swallow it!

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## **TEST PROCEDURE**

### **STEP 1:**

Please, take the test with first, morning urine!

### **STEP 2:**

Fill Sample Jar 1 with screw cap up with urine until it reaches the mark on its inside (20 ml).

**Caution: the test must be performed with clear, translucent urine!**

In most cases, the urine poured into the Sample Jar is a clear, translucent liquid in a various hues of yellow.

If the urine is turbid (not entirely translucent), let it settle. When the urine is settled, the Sample Jar should be filled up with the upper, clear section of the urine until it reaches the mark.

### **STEP 3:**

Prepare Vial 2 with pipette containing the IOI Green reactant solution, and prepare Sample Jar 1 filled with urine. For testing, contents of the vial must be dosed into the urine drop by drop.

After each drop, shake slightly and wait 1-2 minutes. At first, a few translucent film layers (plaques) appear at the top of the sample, and then the sample loses its translucent properties and begins to opaque. Allow the sample to stand for 15 minutes to observe the separation of white precipitation.

If no permanent precipitation is observed after opalescent, continue to drip the IOI Green reagent and monitor for white-coloured, gripping precipitation. When you have completed the test, close sample 1, precipitation will settle the next day.

## **EVALUATION**

If the sample is urine, the amount of the instilled IOI Green reagent can be used to infer potassium in the body.

1-2 drops: potassium above normal level

3-6 drops: normal potassium level

over 7 drops: low potassium level

## **ABOUT POTASSIUM DEFICIENCY**

Potassium is an important mineral that plays a role in the transmission of electrical impulses between nerve and muscle cells, and in the fluid balance of the body. The necessary potassium marrow is used from food, and the excess is removed from the body. Potassium deficiency in the blood can be life-threatening. Potassium is necessary to control blood sugar levels and its metabolism is closely tied to the body's

water flow. It is necessary for the production of stomach acid and also for the normal functioning of many enzymes.

Symptoms of potassium deficiency:

- muscle weakness, muscle cramps
- breathing problems
- cardiac arrhythmias
- circulatory complaints
- increased urination