

# Salt Test

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.

## Test findings

Look for the formation of a milky or cheesy substance in the mixture. Human chorionic gonadotropin (hCG) is a hormone released into the urine during pregnancy, which reacts with salt to form a milky or cheesy substance.

### 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:

Name of practice:

Phone number:

Email:

Healthline. (2019, September 30). *Home pregnancy test with salt positives and negatives: Accurate?* (V. Riggins Nwadike, Ed.). <https://www.healthline.com/health/pregnancy/home-pregnancy-test-with-salt#accuracy>.

Pristyn Care. (2020, April 24). *Pregnancy test with salt—how does it work and its effectiveness.* <https://www.pristyncare.com/blog/pregnancy-test-with-salt-pc0101/>