

SELF

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MEDICAL TESTS AT HOME

Do-it-yourself health screenings let you play doctor. But how accurate are they—and do you need them? SELF examined some of the newer tests.

URINARY TRACT INFECTION CHECK

(Azo Test Strips, \$10; AzoProducts.com) Use this pee-on strip if you feel urgency and pain while urinating. It checks for nitrite (which indicates bacteria) and white blood cells produced in response to a UTI. **Screen or skip?** Go for it. Results are very accurate, but you still need to consult your doctor for treatment.

HIS/HER FERTILITY TEST (Fertell, \$100; Fertell.com) Yours checks urine for levels of hormones that indicate the ovaries' ability to provide viable eggs. As for your guy, he mixes his sperm with the substance provided to determine count and motility. **Screen or skip?** At 95 percent accuracy, it's worth a try. If all systems are not go, see your ob/gyn.

STD SCREEN (Private Diagnostics, gonorrhea or chlamydia, \$97, genital herpes, \$167; PrivateDiagnostics.com) You collect urine (or, for herpes, a lesion swab) and mail it to the company's lab. You'll access results at a secure website. **Screen or skip?** Skip. Your M.D. would want to check again before prescribing meds, and you may need counseling.

—Jenny Stamos Kovacs