Urinalysis

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Urinalysis

Urinalysis is a test of urine. A urinalysis is used to detect and manage a wide range of disorders, such as urinary tract infections, kidney disease and diabetes. A urinalysis involves checking the appearance, concentration and content of urine. Abnormal urinalysis results may point to a disease or illness. For example, a urinary tract infection can make urine look cloudy instead of clear. Increased levels of protein in urine can be a sign of kidney disease. Unusual urinalysis results often require more testing to uncover the source of the problem.

## Why is Urinalysis carried out?

A urinalysis is a common test that's done for several reasons:

* **To examine a patients overall health:**

A doctor may recommend a urinalysis as part of a routine medical exam, pregnancy checkup, pre-surgery preparation, or on hospital admission to screen for a variety of disorders, such as diabetes, kidney disease and liver disease.

* **To diagnose a medical condition:**

A doctor may suggest a urinalysis if the patient is experiencing abdominal pain, back pain, frequent or painful urination, blood in your urine, or other urinary problems. A urinalysis may help diagnose the cause of these symptoms.

* **To monitor a medical condition:**

 If a patient has been diagnosed with a medical condition, such as kidney disease or a urinary tract disease, the doctor may recommend a urinalysis on a regular basis to monitor the condition and treatment of the patient.

Other tests, such as pregnancy testing and drug screenings, also may rely on a urine sample, but these tests look for substances that aren't included in a typical urinalysis. For example, pregnancy testing measures a hormone called human chorionic gonadotropi(HCG). Drug screenings detect specific drugs or their metabolic products, depending on the purpose of the testing.

## How is Urinalysis carried out?

### Microscopic exam

In the microscopic exam, the doctor looks at drops of the patients urine under a microscope. They look for:

* abnormalities in red or white blood cells, which may be signs of infections, kidney disease, bladder cancer, or a blood disorder
* crystals that may indicate kidney stones
* infectious bacteria or yeasts
* epithelial cells, which can indicate a tumor

### Dipstick or Test Strip Test

For the dipstick test, the doctor inserts a chemically treated plastic stick into the patient’s sample. The stick changes color based on the presence of certain substances. This can help your doctor look for:

* bilirubin, a product of red blood cell death
* blood
* protein
* concentration or specific gravity
* changes in pH levels or acidity
* sugars

High concentrations of particles in your urine can indicate that you’re dehydrated. High pH levels can indicate urinary tract or kidney issues. And any presence of sugar can indicate diabetes.

### Visual exam

Your doctor can also examine the sample for abnormalities, such as:

* clouded appearance, which can indicate an infection
* abnormal odors
* reddish or brownish appearance, which can indicate blood in your urine