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PHS 212

Question

Write a short note on Urinalysis

Answer

A Urinalysis is a test of your 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 infections 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 it's done

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

To check your overall health

To diagnose a medical conditions

To monitor a medical conditions

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 gonadotropin (HCG). Drug screenings detect specific drugs or their metabolic products, dependin on the purpose of the testing.

How you prepare

If your urine is being tested only for a urinalysis, you can eat and drink normally before the test. If you are having other tests at the same time, you may need to fest for a certain amount of time before the test. Your doctor will give you specific instructions.

What you can expect

Depending on your situation, you may collect a urine sample at home or at your doctor's office. Your doctor will provide a container for the urine sample. You may be asked to collect the sample first thing in the morning because at that time your urine is more concentrated, and abnormal results may be more obvious.

To get the most accurate results, the sample may need to be collected midstream, using a clean-cash method. Thus method involves the following steps:

Clean the urinary opening. Women should spread their labia and clean from front to back. Men should wipe the tip of the penis.

Begin to urinate into the toilet.

Pass the collection container into your urine stream.

Urinate at least 1 to 2 ounces (30 to 59 milliliters) into the collection container .

Finish urinating into the toilet.

Deliver the sample as directed by your doctor.

If you can't deliver the sample to the designated area within 60minutes of collection, refrigerate the sample, unless you've been instructed otherwise by your doctor

In some cases, your doctor may insert a thin, flexible tube (catheter) through the urinary tract opening and into the bladder to collect the urine sample.

Results

For a urinalysis, your urine sample is evaluated in three ways: visual exam, dipstick test and microscopic.

exam.