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**DEPARTMENT: NURSING**

**COURSE: PHS 212**

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**LEVEL: 200**

**URINALYSIS**

Urinalysis is a laboratory test (i.e test of your urine). It is used to detect and manage a wide range disorders, such as urinary tract infections, kidney diseases and diabetics. Urinalysis involves checking the appearance, concentration and content of urine. Abnormal urinalysis results may point to a disease or illness. Urinalysis is not the same as drug screening or pregnancy test, although all three tests involve a urine sample. Urinalysis is often used: prior to surgery, as a pre-emptive screening during a pregnancy check-up and as part of a routine medical or physical exam. Urinalysis is done to: check your overall health, diagnose a medical condition and monitor a medical condition.

**HOW TO PREPARE**

If the urine is being tested only urinalysis, he or she can eat and drink normally before the test. But if he or she is having other tests at the same time, he or she may need a fast for a certain amount of time before the test. The doctor will give he or she specific instructions. Many drugs, including non-prescription medications and supplements can affect the results of a urine analysis. Before a urinalysis, the doctor about any medications, vitamins or other supplements he or she is taking.

**WHAT TO EXPECT**

Depending on the situation, you may collect a urine sample at home or at the doctor’s office. The doctor will provide a container for the urine sample. He or she may be asked to collect the sample first thing in the morning because at that time the he or she 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-catch method. In some other cases the doctor may insert a thin, flexible tube (catheter) through the urinary tract opening and into the bladder to collect the urine sample. The urine is sent to the lab for analysis.

**RESULTS**

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

**VISUAL EXAM**

A lab technician examines the urine’s appearance. Urine is typically clear. Cloudiness or an unusual odour may indicate a problem, such as an infection. Blood in the urine may make it look red or brown. Urine colour can be influenced by what he or she has just eaten.

**DIPSTICK**

A dipstick is a thin plastic with strips of chemicals on it. It is placed in the urine to detect abnormalities. The chemical strips change colour if certain substances are present or if their levels are above normal. A dipstick test checks for: acidity (pH), concentration, protein, sugar, ketones, bilirubin, evidence of infection and blood.

**MICROSCOPIC EXAM**

During this exam, several drops of urine are viewed with a microscope. If any of the flowing are observed in above average levels, additional testing may be necessary:

**.** WHITE BLOOD CELLS(leukocytes)--- may be a sign of an infection

**.** RED BLOOD CELL**S** (erythrocytes)--- may be a sign of kidney disease, blood disorder or bladder cancer

**.** BACTERIA OR YEASTS— may indicate an infection.

**.** CASTS**—** tube shaped proteins may form as a result of kidney disorders.

**.** CRYSTALS**---** that form from chemicals in urine may be a sign of kidney stones.