

Name: Adeola Temiloluwa

Matric number: 18/MHS02/015

Department: Nursing

## URINALYSIS

Urinalysis is a laboratory tests. It can help one's doctor to detect problem that may be shown in urine. It is performed to provide clue to diseases, such as renal diseases. Urinalysis is not the same as drug testing or pregnancy test, although all three tests involve a urine sample

Urinalysis is simply an analysis of the urine. It is a very common test that can be performed in many health care settings, including doctors' offices, urgent care facilities, laboratories, hospitals, and even at home. A urinalysis test is performed by collecting a urine sample from the patient in a specimen cup. Usually only small amounts (30-60 mL) may be required for urinalysis testing. The sample can be either analyzed in the medical clinic or sent to a laboratory to perform the tests. Urinalysis is abbreviated UA. UA is in general easily available and relatively inexpensive. It is also a simple test and can provide much useful information about various diseases and conditions. Some physicians refer to urinalysis as "a poor man's kidney biopsy" because of the plethora of information that can be obtained about the health of the kidney or other internal diseases by this simple test.

Urine can be evaluated by its physical appearance (color, cloudiness, odor, clarity), also referred to as a macroscopic analysis. It can be also analyzed based on its chemical and molecular properties, including microscopic assessment. Urinalysis is ordered by doctors for a number of reasons, including the following:

Routine medical evaluation: general yearly screening, assessment before surgery (preoperative assessment), admission to hospital, screening for kidney disease, diabetes mellitus, hypertension (high blood pressure), liver disease, etc.

Diagnosing medical conditions: urinary tract infections, kidney stones, uncontrolled diabetes (high blood sugars), kidney impairment, muscle breakdown (rhabdomyolysis), protein in urine (proteinuria), drug screening, and kidney inflammation (glomerulonephritis).

Monitoring disease progression and response to therapy: diabetes related kidney disease, kidney impairment, lupus related kidney disease, blood pressure related kidney disease, kidney infection, proteinuria, and hematuria

Urinalysis can disclose evidence of diseases, even some that have not caused significant signs or symptoms. Therefore, a urinalysis is commonly a part of routine health screening.

Urinalysis is commonly used to diagnose a urinary tract or kidney infection, to evaluate causes of kidney failure, to screen for progression of some chronic conditions such as diabetes mellitus and high blood pressure (hypertension). It also may be used in combination with other tests to diagnose some diseases.

Additional tests and clinical assessment are often required to further investigate findings of urinalysis and ultimately diagnose the causes or specific features of underlying problems.

