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## Write a short note on urinalysis

A urinalysis is a test of your urine. It can help find problems that need treatment, including infections or kidney problems. It can also help find serious diseases in the early stages, like [kidney disease](#), [diabetes](#), or liver disease. A urinalysis is a simple test that looks at a small sample of your urine. A urinalysis is also called a “urine test.”

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.

A urine test can include three parts:

- **Visual exam.** The urine will be looked at for color and clearness. Blood may make urine look red or the color of tea or cola. An infection may make urine look cloudy. Foamy urine can be a sign of kidney problems.
- **Microscopic exam.** A small amount of urine will be looked at under a microscope to check for things that do not belong in normal urine that cannot be seen with the naked eye, including red blood cells, white blood cells (or pus cells), bacteria (germs), or crystals (which are formed from chemicals in the urine and may eventually get bigger and become kidney stones).
- **Dipstick test.** A dipstick is a thin, plastic stick with strips of chemicals on it. It is dipped into the urine. The strips change color if a substance is present at a level that is above normal. . Some of the things a dipstick examination can check for include:
  - **Acidity (pH)** is a measure of the amount of acid in the urine. A pH that is above normal may be a sign of kidney stones, urinary infections, kidney problems, or other disorders.
  - **Protein** is an important building block in the body. Everyone has protein in their blood. But it should only be in your blood, not your urine. Your kidneys play a role in this process. Healthy kidneys remove waste products and extra water from your blood, but leave behind the things your body needs, like protein. When kidneys are injured, protein leaks into your urine. Having protein in your urine suggests that your kidney's filtering units are damaged by kidney disease.

- **Glucose (sugar)** is usually a sign of diabetes.
- **White blood cells (pus cells)** are signs of infection.
- **Bilirubin** is a waste product from the breakdown of old red blood cells. It is normally removed from the blood by the liver. Its presence in the urine may be a sign of liver disease.
- **Blood** can It can be a sign of an infection, a kidney problem, certain medicines, or even heavy exercise. Finding blood in the urine requires further testing. It does not mean you have a serious medical problem.

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

- **To check your overall health.** Your 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.** Your doctor may suggest a urinalysis if you're 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 you've been diagnosed with a medical condition, such as kidney disease or a urinary tract disease, your doctor may recommend a urinalysis on a regular basis to monitor your condition and treatment.