NAME: BASORUN MORENIKE ABIBAT

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**UNRINALYSIS**

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 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 it's done?**

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

1. 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.

2. 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.

3. 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. 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, depending on the purpose of the testing.

**How Does It Work?**

There are three ways to analyze urine, and your test might use all of them.

One is a visual exam, which checks the color and clarity. If your pee has blood in it, it might be red or dark brown. Foam can be a sign of kidney disease, while cloudy urine may mean you have an infection. A microscopic exam checks for things too small to be seen otherwise. Some of the things that shouldn’t be in your urine that a microscope can find include:

1. Red blood cells

2. White blood cells

3. Bacteria

4. Crystals (clumps of minerals – a possible sign of kidney stones)

The third part of urinalysis is the dipstick test, which uses a thin plastic strip treated with chemicals. It’s dipped into your urine, and the chemicals on the stick react and change color if levels are above normal. Things the dipstick test can check for include:

1. Acidity, or pH. If the acid is abnormal, you could have kidney stones, a urinary tract infection (UTI) or another condition.

2. Protein. This can be a sign your kidneys are not working right. Kidneys filter waste products out of your blood.

3. Glucose. A high sugar content is a marker for diabetes.

4. White blood cells. These are a sign of infection or inflammation, either in the kidneys or anywhere else along urinary tract.

5. Nitrites. This means that there is an infection with certain kinds of bacteria.

6. Bilirubin. If this waste product, which is normally eliminated by your liver, shows up, it may mean your liver isn’t working properly.

7. Blood in your urine. Sometimes this is a sign of infections or certain illnesses.