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RENAL PHYSIOLOGY

Write short note on the characteristics of urine

Characteristics of urine are briefly explained namely;

- **Composition;** Normal urine is composed of about 95% water and 5% solutes. Normal solutes found in urine include; urea, creatinine, uric acid, ketone bodies, potassium, sodium, chloride.
- **Volume;** the average, normal adult will excrete approximately 1,500 to 2,000ml of urine each day. This vary with fluid intake and fluid loss. Increase in urine volume indicates increase in protein catabolism and renal disorders. Increase and decrease in volume indicates presence or absence of disease.
- **Color;** normally, urine is straw colored. Abnormal coloration of urine is due to several cause such as jaundice, hematuria, medications e.t.c.
- **Appearance;** normally, urine is clear. It becomes in both physiological condition and pathological conditions.
- **Specific gravity;** the specific gravity in urine depends upon the amount of solutes present. The greater the concentration of solutes, the higher the specific gravity. The normal range is 1.008 to 1.030.
- **Osmolarity;** the average osmolarity is 1,200 mOsm/L. It is used to measure the number of dissolved particles per unit of water in the urine.
- **Odor;** normally, freshly voided urine has a faint aromatic odor. Old, stale urine develops a strong ammonia odor from chemical breakdown.
- **pH and reaction;** pH of urine depends on the diet. The average pH 4.5 to 6.