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**LEVEL:** 200Level

ASSIGNMENT

Write a short note on urinalysis.

**URINALYSIS**

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. urinalysis is a valuable tool to screen a patient and diagnose their health status. It provides valuable information about hydration, renal and urinary tracts, liver disease, diabetes mellitus and urinary-tract infections. A urinalysis involves checking the appearance, concentration and content of urine. Doctors use it to check for signs of common conditions or diseases. Other names for it are urine test, urine analysis, and UA. Urinalysis is often used:

* prior to surgery
* as a preemptive screening during a pregnancy checkup
* as part of a routine medical or physical exam

Your doctor may also order this test if they suspect that you have certain conditions, such as:

* diabetes
* kidney disease
* liver disease
* urinary tract infection

If you already have a diagnosis for any of these conditions, your doctor may use urinalysis to check on the progress of treatments or the condition itself.

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

**Types of analysis**

There are different ways of analysing urine and for different reasons, namely:

* 24-hour collection: patient voids into toilet, then all urine is collected for the next 24 hours. As the body chemistry alters constantly, this is used to measure substances, such as steroids, white cells, electrolytes or determine urine osmolarity (Tortora and Derrickson, 2009);
* First-morning specimen: first specimen of morning (or eight hours after recumbent position). Best sample for pregnancy testing;
* Fasting specimen: the second voided specimen after a period of fasting;
* Mid-stream urine (MSU): used to obtain urine for bacterial culture. First and last part of urine stream is voided into the toilet to avoid contaminating the specimen with organisms presenting on the skin;
* Random specimen: for chemical or microscopic examination, a randomly collected specimen suitable for most screening purposes;
* Catheter specimen of urine: collected for bacteriological examination if a patient’s symptoms suggest the presence of a UTI.