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QUESTION: Write a short note on Urinalysis

Urinalysis is the process of analyzing urine for target parameters of health and disease.

A urinalysis (UA), also known as routine and microscopy (R&M), is an array of tests performed on urine, and one of the most common methods of medical diagnosis. Urinalysis means the analysis of urine, and it is used to diagnose several diseases.

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

1. To check your overall health.
2. To diagnose a medical condition.
3. To monitor a medical condition.

Test strip urinalysis exposes urine to strips that react if the urine contains certain cells or molecules. Test strip urinalysis is the most common technique used in routine urinalysis. A urine test strip can identify:

Leukocytes—their presence in urine is known as leukocyturia.

Nitrites—their presence in urine is known as nitrituria.

Proteins —their presence in urine is known as proteinuria, albuminuria, or microalbuminuria.

Blood—its presence in urine is known as hematuria.

pH—the acidity of urine is easily quantified by test strips, which can identify cases of metabolic acidosis or alkalosis.

Microscopic exam

During this exam, several drops of urine are viewed with a microscope. If any of the following are observed in above-average levels, additional testing may be necessary:

White blood cells (leukocytes) may be a sign of an infection.

Red blood cells (erythrocytes) may be a sign of kidney disease, a blood disorder or another underlying medical condition, such as bladder cancer.

Bacteria or yeasts may indicate an infection.

Casts — tube-shaped proteins — may form as a result of kidney disorders.

Crystals that form from chemicals in urine may be a sign of kidney stones.