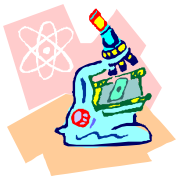
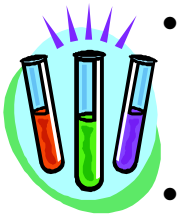
Urinalysis

What is it?



- **Urine Test**- reagent strip that is briefly dipped into a urine sample
  - **Tech**- reads the colors of each test, compares the colors to a reference chart
  - **Tests**- semi-quantitative, can be variation from one test to another on how the tests are scored
- **Ph**- measures the acidity of your urine
- **Specific Gravity (SG)**- measures how dilute your urine is
  - **Water**- SG of 1.000, most urine is 1.010, can vary greatly on when you drank your last fluids, also if dehydrated
- **Glucose (Gl)**- normally no glucose is in the urine, diabetes has a positive glucose or a glucose intolerance
- **Protein (Pro)**- normally no protein on the strip, protein can indicate blood in the urine, kidney damage, an infection, 10% of children have protein in their urine,
  - **Microalbumin Test**- done for more sensitive results which is expensive, also used for screening for early damage to the kidneys from diabetes



- **Blood**- normally no blood in the urine
  - **Blood**- indicates kidney stones, infection, trauma, bleeding from the bladder or kidney tumor; hemolyzed is dissolved blood, nonhemolyzed- intact red blood cells
- **Bilirubin**- normally no bilirubin or urobilinogen in the urine, these are pigments cleared by the liver
  - **May appear in the urine**- gallbladder or liver disease
- **Nitrate**- indicates a urinary tract infection (UTI), normally negative
- **Leukocyte Esterase**- normally negative, these are the pus or white blood cells (WBC), if present suggest a urinary tract infection (UTI)
- **Sediment**- tech looks at a portion of the urine under a microscope that has been spun under a microscope, normally see squamous and mucous cells, bacteria seen if the specimen was contaminated when collected

What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian or a RD on line--** for help as needed online
- **UTI**- increase fluids as tolerated, fluid needs = actual weight divided by 2.2 x 30 = cc/ml of fluid divided by 240 cc/ml (1 cup) = cups of fluid needed per day, need 2 cups of extra fluids per day if diagnosis of dehydration, UTI, Foley catheter, fever, vomiting or loss of fluid during hot summer days