

INTRODUCTION TO URINALYSIS
OUR LADY OF FATIMA UNIVERSITY, PAMPANGA
BACHELOR OF SCIENCE IN MEDICAL TECHNOLOGY/MEDICAL LABORATORY SCIENCE
HISTORY, IMPORTANCE AND URINALYSIS SPECIMEN HANDLING COMPREHENSIVE
DISCUSSION

- Analyzing urine marked the beginning of laboratory medicine
- Basic observations were: Color, Turbidity, Odor, Volume, Viscosity, Sweetness (attracts and or taste sweet)
- **HISTORY**
 - ❖ Hippocrates → wrote a book on uroscopy in 5th BCE
 - ❖ Middle ages → physicians concentrated their efforts very intensively on the art of uroscopy, receiving instruction in urine examination as part of their training
 - ❖ 1140 CE → color charts had been developed that described the significance of 20 different colors
 - ❖ 1694 → Frederick Dekkers discovered albuminuria by boiling urine
 - ❖ 1627 → Thomas Bryant wrote a book on "pisse prophets"
 - ❖ 17th century → invention of the microscope led to the examination of urine sediment and development by Thomas Addis of methods for quantitating urine sediments (Addis count → cells in the urine)
 - ❖ 1827 → Richard Bright included urinalysis as part of the doctor's routine patient examination

URINE FORMATION

- Urine is an ultrafiltrate of plasma
- Reabsorption of water and filtered substances essential to body function converts approximately 170,000 mL of filtered plasma to the average daily urine output of 1200 mL
- Normal daily urine output: 1200-1500 mL (range of 600-2000 is considered normal)
 - ❖ Terms related to urine output:
 - ✓ Oliguria – decrease urine output
 - ✓ Anuria – cessation of urine
 - ✓ Polyuria – increase urine output
 - ✓ Nocturia – increase urine output at night

URINE COMPOSITION

- 95% water and 5% solutes (conc. of solutes influenced by: dietary intake, physical activity, body metabolism, endocrine functions)
- **IMPORTANT NOTE:**
 - ❖ Primary organic component: Urea
 - ❖ Primary inorganic component: Chloride

SPECIMEN COLLECTION

- Urine is the **most frequently analyzed non-blood body fluid**
- readily available, easy to collect, and generally inexpensive to test

Table 3-1 Primary Components in Normal Urine¹

Component	Comment
Urea	Primary organic component. Product of protein and amino acid metabolism
Creatinine	Product of creatine metabolism by muscles
Uric acid	Product of nucleic acid breakdown in food and cells
Chloride	Primary inorganic component. Found in combination with sodium (table salt) and many other inorganic substances
Sodium	Primarily from salt, varies by intake
Potassium	Combined with chloride and other salts
Phosphate	Combines with sodium to buffer the blood
Ammonium	Regulates blood and tissue fluid acidity
Calcium	Combines with chloride, sulfate, and phosphate

Urinalysis Study Guide

Lucas Blade Hebert



Urinalysis Study Guide:

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Table of Contents Urinalysis Study Guide

1. Understanding the eBook Urinalysis Study Guide
 - The Rise of Digital Reading Urinalysis Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Urinalysis Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Urinalysis Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Urinalysis Study Guide
 - Personalized Recommendations
 - Urinalysis Study Guide User Reviews and Ratings
 - Urinalysis Study Guide and Bestseller Lists
5. Accessing Urinalysis Study Guide Free and Paid eBooks

- Urinalysis Study Guide Public Domain eBooks
- Urinalysis Study Guide eBook Subscription Services
- Urinalysis Study Guide Budget-Friendly Options
- 6. Navigating Urinalysis Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Urinalysis Study Guide Compatibility with Devices
 - Urinalysis Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Urinalysis Study Guide
 - Highlighting and Note-Taking Urinalysis Study Guide
 - Interactive Elements Urinalysis Study Guide
- 8. Staying Engaged with Urinalysis Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Urinalysis Study Guide
- 9. Balancing eBooks and Physical Books Urinalysis Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Urinalysis Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Urinalysis Study Guide
 - Setting Reading Goals Urinalysis Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Urinalysis Study Guide
 - Fact-Checking eBook Content of Urinalysis Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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