

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

Ralph Taylor



Urinalysis Study Guide:

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