

**Course Name : Bachelor of Physical Education**

**Year : IInd**

**Paper Name : Kinesiology and Physiology of Exercise**

**Paper No. Ist**

**Lecture No. 16**

**Topic no. : Prac. - 2**

**Lecture Title : Examination of Urine : Physical, Chemical**

**F.A.Q**

**Q-1 What are clinical urine tests ?**

Ans - Clinical urine tests are various tests of urine for diagnostic purposes. The most common is a urinalysis (UA), one of the most common methods of medical diagnosis. The word is a portmanteau of the words urine and analysis. Other tests are urine culture (a microbiological culture of urine) and urine electrolyte levels.

**Q-2 What is the role of color in urine?**

Ans - Urine color can be a variety of colors, most often shades of yellow, from very pale or colorless to very dark or amber. Unusual or abnormal urine colors can be the result of a disease process, several medications (e.g., multivitamins can turn urine bright yellow), or the result of eating certain foods. For example, some people can have red-colored urine after eating beets; the color is from the natural pigment of beets and is not a cause for worry. However, red-colored urine can also occur when blood is present in the urine and can be an indicator of disease or damage to some part of the urinary system. Another example is yellow-brown or greenish-brown urine that may be a sign of bilirubin in the urine

**Q-3 what are the most frequently performed chemical tests using reagent test strips ?**

Ans - Specific Gravity (SG),pH,Protein,Glucose,Ketones,Blood (hemoglobin) and Myoglobin  
Leukocyte Esterase,Nitrite,Bilirubin,Urobilinogen

Q-4 What is Urine Odor?

Ans - The odor (scent) of urine can normally vary from odorless (when very light colored and dilute) to a much stronger odor when the person is dehydrated and the urine is concentrated. Brief changes in odor are usually merely interesting and not medically significant. (Example: the abnormal smell many people can detect after eating asparagus.) The urine of diabetics experiencing ketoacidosis (urine contains high levels of ketone bodies) also may also have an abnormal odor.

Q-5 What is Clarity in Urine?

Ans - Urine clarity refers to how clear the urine is. Usually, laboratories report the clarity of the urine using one of the following terms: clear, slightly cloudy, cloudy, or turbid. "Normal" urine can be clear or cloudy. Substances that cause cloudiness but that are not considered unhealthy include mucus, sperm and prostatic fluid, cells from the skin, normal urine crystals, and contaminants such as body lotions and powders. Other substances that can make urine cloudy, like red blood cells, white blood cells, or bacteria, indicate a condition that requires attention.