

# Urinalysis

A urinalysis is a screening and/or diagnostic tool that can provide a wide range of information. This simple test screens for metabolic and kidney disorders by detecting substances such as protein or glucose in the urine. The test can also identify a urinary tract infection (UTI).

## EARLY MORNING

For the best test results, plan to provide a urine sample in the early morning.

## When do I need to get tested?

A urinalysis is most commonly performed when a person has symptoms of a UTI or some other urinary system problem, such as kidney disease. Some signs and symptoms may include:

- Painful or frequent urination
- Abdominal pain
- Back pain
- Blood in the urine

## What should I do with my results?

It is always recommended you meet with a healthcare provider to determine what your laboratory test results mean to you. Your healthcare provider will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

**If your results were abnormal or out-of range:** Interpretations of urinalysis results may be quite complex. Abnormal findings are a warning that something may be wrong and should be evaluated further. Generally, the greater the concentration of the atypical substance, such as greatly increased amounts of glucose, protein, or red blood cells, the more likely a problem exists that needs to be addressed. Since the results may not indicate an exact cause of the abnormal finding(s) or whether or not it is a temporary or chronic condition, further testing may be ordered.

**If your results were within normal range:** A normal urinalysis does not guarantee that there is no illness. Some people will not release elevated amounts of a substance early in a disease process, and in other cases an abnormality is only detectable at sporadic intervals throughout a given day, which means that it may be missed by a single urine sample. In very dilute urine, small quantities of chemicals may be undetectable.

## What other resources are available to learn more about my health and laboratory tests?

- Centers for Disease Control and Prevention: [cdc.gov](http://cdc.gov)
- Lab Tests Online: [labtestsonline.org](http://labtestsonline.org)
- WebMD: [webmd.com](http://webmd.com)

*DLO Direct offers direct access to laboratory testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a healthcare provider can interpret lab results and diagnose a medical condition or disease.*

*Because tests have not been ordered by a healthcare provider, third party entities, including Medicare and Medicaid, will not reimburse for these tests.*



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