

# Urine Specimen Collection Requirements and Reference Ranges

## CAPT\_URI\_0200JA2

*\* Urinalysis, Dipstick Only*

### Mnemonic

U DIPSTICK

### Synonym

URINE TEST STRIP - URINALYSIS, DIP STICK ONLY - UADIP

### Guidelines

Please refer to [Patient Instructions for Collecting a Mid-Stream Urine Sample](#)

### Patient Preparation

Males: Discard the first 25 mL of urine then collect without stopping the stream. Females: Spread labia while urinating.

### Collect

Sterile wide-mouthed container. The first morning urine is the preferred specimen; however any fresh random urine is acceptable.

### Handling

Medical Approval: Refer to QMS History

Medical Approval Date: Refer to QMS History

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Deliver to the lab ASAP or refrigerate immediately if specimen will not arrive to laboratory within 1 hour.

**Preferred Volume:** 15 mL

**Minimum Volume:** 12 mL

### Transport

Refrigerated

### Rejection Criteria

Frozen specimen, specimen collected with preservatives, urine collected in a diaper or other absorbent material, and non-sterile containers

### Stability

Ambient: 2 hours;

Refrigerated: 12 hours

### Reference Values

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Specific Gravity: <1.030

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pH: 5.0-8.0

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Leukocyte Esterase: Negative

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Nitrite: Negative

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Protein: Negative

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Glucose: Negative

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Ketones: Negative

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Bilirubin: Negative

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Blood: Negative

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### Normal Results

Ranges for normal values vary among different labs and hospitals. You should always check with your health care provider after having lab work or other tests done to discuss whether your values are considered within normal limits.

- Appearance: clear.
- Color: amber yellow.
- Odor: aromatic.
- pH: 4.6–8.0 (average, 6.0).
- Protein:
  - 0–8 mg/dL.
  - 50–80 mg/24 hr (at rest).
  - Less than 250 mg/24 hr (during exercise).
- Specific gravity:
  - Adult: 1.005–1.030 (usually, 1.010–1.025).
  - Elderly: values decrease with age.
  - Newborn: 1.001–1.020.
- Leukocyte esterase: negative.
- Nitrites: none.
- Ketones: none.
- Bilirubin: none.
- Urobilinogen: 0.01–1 Ehrlich unit/mL.

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- Crystals: none.
- Casts: none.
- Glucose:
  - Fresh specimen: none.
  - 24-hour specimen: 50–300 mg/24 hr or 0.3–1.7 mmol/day (SI units).
- White blood cells (WBCs): 0–4 per low-power field.
- WBC casts: none.
- Red blood cells (RBCs): Less than or equal to 2.
- RBC casts: none.
- Epithelial cells: Few or 0–4 per low-power field.
- Bacteria: none.
- Yeast: none.

### Meaning of Abnormal Results

Many conditions can cause abnormal UA results:

- Cloudy urine may be a sign of a UTI.
- Blood in your urine may be a sign of kidney disease, UTI, or other medical conditions.
- White blood cells may be a sign of UTI.
- Crystals may be a sign of a kidney stone or other kidney disease.
- High pH may mean you have a kidney stone, UTI, or kidney disease.
- Protein may be a sign of kidney disease, high blood pressure in pregnancy (*toxemia*), or other medical conditions.
- Glucose may be a sign of diabetes.
- Urobilinogen may be a sign of liver disease.

### REFERENCE:

- **Urinalysis Test**  
<http://lms.elsevierperformancemanager.com/ContentArea/PatientEducation/GetPatientEducationContent?language=english&searchtype=di&languageid=c0bfe0fd-e405-4e9d-b2b1-dba7873d0250&searchTerm=urine%20dipstick&searchContext=home>
- Elsevier Performance Manager Clinical Skills [http://point-of-care.elsevierperformancemanager.com/#/skills/431/checklist?skillId=GN\\_43\\_4](http://point-of-care.elsevierperformancemanager.com/#/skills/431/checklist?skillId=GN_43_4)

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PHSA Laboratories - BC Cancer Agency - Vancouver Cancer Centre

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