

Klinik laborator diagnostikada innovatsion texnologiyalardan foydalanish, muammolar va yechimlar, 2023



**KLINIK LABORATOR
DIAGNOSTIKADA INNOVATSION
TEXNOLOGIYALARDAN
FOYDALANISH, MUAMMOLAR VA
YECHIMLAR
xalqaro ilmiy-amaliy
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A general urinalysis is a laboratory examination of urine, carried out for diagnostic purposes and includes several stages: the study of physical properties, chemical properties, as well as microscopy of the urine sediment.

Preparation for a general urinalysis begins the day before the collection of biomaterial. Some foods, the amount of liquid you drink, taking medications and dietary supplements, intense physical activity can distort the results of the study. The day before urine collection, it is necessary to abandon foods that can affect the color of urine: for example, beets and blueberries give the urine a reddish tint, if you eat a lot of carrots or carotene supplements, the color of urine can change to orange. On the eve of urine collection, alcohol, coffee, dietary supplements and strong tea are not recommended. If possible, you should limit the intake of diuretic (diuretic) drugs. It is required to exclude serious physical exertion, as well as visiting baths, saunas. You should warn the doctor about the medications you are taking, as well as about conducting invasive examinations (for example, cystoscopy) on the eve of the study.

Method for collecting urine for general analysis. It is necessary to prepare a disposable sterile container for collecting urine in advance. Before collecting urine, hygienic treatment of the external genitalia should be carried out, while not using antibacterial and disinfectants. For general analysis, as a rule, collect the average portion of the morning urine. After collecting urine, tightly close the container with a screw cap. Special urinals have been developed for newborns and infants. Urine squeezed out of a diaper or diaper should not be used - the results will be unreliable, since the diaper is a kind of filter for the microscopic elements of urine that are counted during the study. When taking the test in the daytime, it is not recommended to drink large amounts of water, tea, coffee or diuretics in order to stimulate urination.

The turnaround time for a general urinalysis is usually 2-4 hours. Factors that can distort the result of the study: violation of the methodology for conducting hygiene procedures and urine collection techniques, drinking large or small amounts of water, using foods, drugs or dietary supplements that change the color of urine, blood admixture, high blood pressure, intense physical and psycho-emotional stress on the eve of collection urine, visiting baths, saunas, hypothermia, invasive procedures on the urinary tract a week before the test.

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