

Urinary Symptoms

Urine is formed in the kidneys and stored in the bladder until it is **passed** (or **voided**).

Patients may say:

I have some pain when I	pass water. pee.
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Doctors may say:

Are you having any trouble with your waterworks ?

- Doctor: Are you having any trouble with your waterworks?
 Mr Jones: Well, I do seem to have to **go to the toilet** more often than I used to.
 Doctor: How often is that?
 Mr Jones: It depends, but sometimes it's every hour or even more often.
 Doctor: What about at night? Do you have to get up at night?
 Mr Jones: Yes. Nearly always two or three times.
 Doctor: Do you get any burning or pain when you pass water?
 Mr Jones: No, not usually.
 Doctor: Do you have any trouble getting started?
 Mr Jones: No.
 Doctor: Is the **stream** normal? I mean is there still a good strong **flow**?
 Mr Jones: Perhaps not quite so good as it used to be.
 Doctor: Do you ever **lose control of your bladder**? Any **leaking** or **dribbling**?
 Mr Jones: Well, perhaps a little dribbling from time to time.
 Doctor: Have you ever **passed blood** in the urine?
 Mr Jones: No, Never.

Common urinary symptoms and their definitions:

frequency	frequent passing of urine
dysuria	burning or scalding pain in the urethra when passing urine
nocturia	urination at night
urgency	urgent need to pass urine
hesitancy	difficulty starting to pass urine
urinary incontinence	involuntary passing of urine
haematuria	macroscopic blood in the urine

Urinalysis

Urinalysis is the analysis of urine. Simple screening tests of the urine are carried out with **reagent strips**, for example Clinistix for the detection of glucose. More detailed tests are carried out in a laboratory on a **specimen** of urine. Typical specimens are a **midstream specimen (MSU)** and a **catheter specimen (CSU)**. Microscopic examination may reveal the presence of red blood cells, pus cells, or casts. **Casts** are solid bodies formed by protein or cells.

Plus signs are used in case notes to indicate abnormal findings. A small amount (+) is described as a **trace**. For a large amount (+++), the words **gross** or **marked** can be used, for example **gross haematuria**. When there is nothing, the word **nil** is common.

sugar	nil
protein	+
blood	+++

“There was no sugar, a **trace** of protein and **gross** haematuria.”

Look at the conversation above (Urinary symptoms), and complete the notes about Mr Jones. Use medical terms where possible.

c/o (1) _____ and (2) _____ for 1 yr.
No (3) _____ or (4) _____.
(5) _____ a little weaker.
No incontinence apart from occasional (6) _____.

Match the patient's descriptions of their symptoms (1-7) with the medical terms (a-g). Look at the above text to help you.

- 1 'I have to pee every half hour or so.'
- 2 'I get a scalding pain when I pass water.'
- 3 'I have to get up several times to pass water at night.'
- 4 'I have to rush to go to the toilet.'
- 5 'I have trouble getting started.'
- 6 'I can't hold my water.'
- 7 'I passed some blood in my urine.'

- a dysuria
- b frequency
- c haematuria
- d hesitancy
- e nocturia
- f urgency
- g incontinence

Write the doctor's questions for each of the symptoms above (a-g: dysuria, frequency, etc). Look at the above text to help you. You will need to think of your own question for urgency.

Describe the findings of the laboratory report in words. Look at the above text to help you.

blood	+
protein	+++
casts	nil

What is your provisional diagnosis for Mr Jones?