

## ■ Quantitative Urinalysis (Urine Test) for Kidney Health

### What Is It?

A **quantitative urinalysis** measures how much of certain substances are in your urine. It helps your healthcare team see how well your **kidneys are working** — even before symptoms appear.

### Why the Kidneys Matter

Your kidneys filter waste, balance electrolytes, control blood pressure, and support red blood cell and bone health. When they're damaged, early signs can often be found in the urine before symptoms appear.

### What This Test Looks For

Measured	What It Shows
Protein (Albumin)	Leaks into urine early in kidney damage.
Creatinine	Shows how well the kidneys filter waste.
Specific Gravity	Tells how well your kidneys balance water.
Electrolytes	Reflects kidney function and fluid balance.
Glucose & pH	May reveal diabetes or other imbalances.

### Why It's an Important Screening Tool

- Finds kidney disease early — before symptoms
- Simple and noninvasive — just a urine sample
- Tracks changes over time
- Helps guide treatment and protect overall health

### Who Should Be Tested Regularly

- People with **diabetes or high blood pressure**
- Those with a **family history of kidney disease**
- Adults over **age 55**
- Anyone taking medications that affect kidneys

### The Bottom Line

A **quantitative urinalysis** is a quick, powerful test for kidney health. It helps detect disease early, track progress, and keep your kidneys working their best.

This information is for educational purposes and not a substitute for medical advice.