

NCLEX Genitourinary Disorders Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. In renal physiology, which structure is primarily responsible for performing the kidney's work of filtration and urine formation?**
 - A. Glomerulus**
 - B. Nephron**
 - C. Renal pelvis**
 - D. Ureter**

- 2. A nurse is teaching a client how to collect a 24-hour urine specimen for creatinine clearance. Which direction is essential to include?**
 - A. Discard the first voiding and record the time**
 - B. Collect urine only in the morning hours**
 - C. Keep the specimen at room temperature at all times**
 - D. Discard all urine after 12 hours and start anew**

- 3. A patient with acute renal dysfunction has coffee-colored urine. This finding most strongly suggests involvement of which process?**
 - A. Glomerular injury**
 - B. Dehydration**
 - C. Diabetes mellitus**
 - D. Biliary obstruction**

- 4. Which lab finding would be most concerning for AKI requiring dialysis?**
 - A. Hypokalemia**
 - B. Refractory acidosis**
 - C. Hypercalcemia**
 - D. Hyponatremia**

- 5. Which sequence correctly lists the steps to insert a straight urinary catheter?**
- A. Prepare client and equipment, create a sterile field, put on gloves, clean the urinary meatus, and insert the catheter until urine flows.**
 - B. Create sterile field, prepare client, put on gloves, clean the urinary meatus, insert catheter.**
 - C. Put on gloves, prepare client, and insert the catheter before cleaning the meatus.**
 - D. Insert catheter first, then clean the urinary meatus.**
- 6. Enuresis in children is typically developmental and managed with behavioral strategies and alarms; adults more often require medical evaluation due to retention, infection, or diabetes.**
- A. Adults are as likely as children to have developmental enuresis treated with alarms**
 - B. Children have enuresis due to retention and diabetes**
 - C. Enuresis in adults is primarily developmental**
 - D. Enuresis in children is developmental and managed with behavioral strategies and alarms; adults often due to retention, infection, or diabetes and require medical evaluation**
- 7. In a long-term care facility, which staffing arrangement ensures safe and effective care?**
- A. The Charge Nurse Performs Treatments and Supervises Staff; The LPN Administers Medications and Assists with Care; Nursing Assistants Provide Direct Client Care**
 - B. The LPN Supervises Treatments; The Charge Nurse Administers Medications; Nursing Assistants Provide Direct Client Care**
 - C. The Charge Nurse Administers Medications; The LPN Provides Direct Client Care; Nursing Assistants Supervise Staff**
 - D. The Charge Nurse Does Not Involve in Care; The LPN Oversees All; Nursing Assistants Provide Direct Care**

- 8. To treat a urinary tract infection (UTI), a client is prescribed sulfamethoxazole (Gantanol), 2 g by mouth initially, and then 1 g by mouth three times daily. The nurse should teach the client that sulfamethoxazole is most likely to cause which adverse effect?**
- A. Diarrhea**
 - B. Nausea**
 - C. Dizziness**
 - D. Headache**
- 9. A urine sample with a pH of 5.2 is best described as which type of solution?**
- A. Acidic**
 - B. Alkaline**
 - C. Neutral**
 - D. Basic**
- 10. Which sexually transmitted disease must be reported to the public health department?**
- A. Gonorrhea**
 - B. Chlamydia**
 - C. Herpes simplex**
 - D. Human papillomavirus**

Answers

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1. B
2. A
3. A
4. B
5. A
6. D
7. A
8. A
9. A
10. A

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Explanations

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1. In renal physiology, which structure is primarily responsible for performing the kidney's work of filtration and urine formation?

A. Glomerulus

B. Nephron

C. Renal pelvis

D. Ureter

The nephron is the kidney's functional unit that carries out urine formation. Filtration begins in the glomerulus, where plasma is filtered into Bowman's capsule, but the entire process of forming urine—filtration plus reabsorption and secretion along the tubules (proximal tubule, loop of Henle, distal tubule, collecting duct)—happens within the nephron. The renal pelvis and ureter merely collect and transport urine after it's formed; they don't perform filtration or urine formation. So the nephron best fits as the structure responsible for the kidney's work of filtration and urine formation.

2. A nurse is teaching a client how to collect a 24-hour urine specimen for creatinine clearance. Which direction is essential to include?

A. Discard the first voiding and record the time

B. Collect urine only in the morning hours

C. Keep the specimen at room temperature at all times

D. Discard all urine after 12 hours and start anew

In a 24-hour urine collection for creatinine clearance, accuracy comes from capturing all urine produced during a full day. Start by discarding the first void and recording the exact start time, because urine produced before that moment isn't part of the 24-hour total and would skew the result. From there, collect every subsequent urine for the next 24 hours and include the final void at the end of the period. Keeping the specimen properly stored (often refrigerated) preserves the sample's integrity for accurate measurement. This approach differs from starting with a morning collection, stopping at 12 hours, or keeping the specimen at room temperature, which would lead to an inaccurate calculation.

3. A patient with acute renal dysfunction has coffee-colored urine. This finding most strongly suggests involvement of which process?

A. Glomerular injury

B. Dehydration

C. Diabetes mellitus

D. Biliary obstruction

Coffee-colored urine signals blood in the urine (hematuria). When the glomerular filtration barrier is damaged, red blood cells leak into the urine, giving it a dark, coffee-brown color. This points to an intrarenal, glomerular process such as glomerulonephritis or nephritic-type injury. Dehydration can darken urine through concentration but doesn't introduce blood. Diabetes mellitus-related kidney disease develops more gradually and is not typically defined by a sudden coffee-colored urine. Biliary obstruction darkens urine from bilirubin, not from red blood cells. So the finding most strongly suggests glomerular injury.

4. Which lab finding would be most concerning for AKI requiring dialysis?

A. Hypokalemia

B. Refractory acidosis

C. Hypercalcemia

D. Hyponatremia

The main concept here is that dialysis is urgently needed when the kidneys can no longer manage acid-base balance, causing severe metabolic acidosis that cannot be corrected with standard therapies. In AKI, failure to excrete hydrogen ions and to regenerate bicarbonate leads to a dangerous buildup of acid in the blood. If this acidosis is refractory—unresponsive to bicarbonate therapy and other measures—it signals a life-threatening imbalance that dialysis can rapidly correct by removing hydrogen ions and restoring pH. While potassium, calcium, and sodium abnormalities can occur with kidney injury, they do not by themselves indicate dialysis as clearly as refractory acidosis, which directly reflects the kidneys' failing ability to regulate acid-base status.

5. Which sequence correctly lists the steps to insert a straight urinary catheter?

- A. Prepare client and equipment, create a sterile field, put on gloves, clean the urinary meatus, and insert the catheter until urine flows.**
- B. Create sterile field, prepare client, put on gloves, clean the urinary meatus, insert catheter.**
- C. Put on gloves, prepare client, and insert the catheter before cleaning the meatus.**
- D. Insert catheter first, then clean the urinary meatus.**

Aseptic technique and a proper sequence are essential when inserting a straight urinary catheter to prevent infection. The steps should start with gathering all supplies and ensuring the client is prepared and positioned, then establishing a sterile field and donning sterile gloves. Cleaning the urinary meatus with an appropriate antiseptic follows, using a center-to-edge motion with sterile wipes to minimize contamination. Only after the meatus is cleaned do you insert the catheter, advancing until urine drainage appears. For a straight catheter, you stop once urine flows and remove the catheter after drainage. This order protects sterility, reduces infection risk, and aligns with how catheterization is performed safely. Other sequences fail because they skip or reorder critical aseptic steps: creating the sterile field or donning sterile gloves out of order can compromise sterility; inserting the catheter before cleaning the meatus risks introducing bacteria; and performing the insertion before cleaning the meatus or before patient preparation increases infection risk and compromises safety.

- 6. Enuresis in children is typically developmental and managed with behavioral strategies and alarms; adults more often require medical evaluation due to retention, infection, or diabetes.**
- A. Adults are as likely as children to have developmental enuresis treated with alarms**
 - B. Children have enuresis due to retention and diabetes**
 - C. Enuresis in adults is primarily developmental**
 - D. Enuresis in children is developmental and managed with behavioral strategies and alarms; adults often due to retention, infection, or diabetes and require medical evaluation**

Enuresis is managed differently across age groups because the underlying causes and the appropriate treatment strategies differ. In children, bed-wetting is usually a developmental issue. The usual approach focuses on behavioral strategies and conditioning, often using bed alarms to wake the child and reinforce bladder control, along with routines like limiting evening fluids and scheduled bathroom trips. This reflects the typical gradual maturation of the urinary system and nighttime control. In adults, new or persistent enuresis raises concern for an underlying medical problem. Possible contributors include urinary retention from obstruction or neurogenic dysfunction, infections such as a urinary tract infection, or systemic conditions like diabetes mellitus that cause increased urine production. These scenarios require medical evaluation to identify and treat the root cause rather than relying on behavioral conditioning alone. Thus, the statement correctly captures the age-related distinction: enuresis in children is generally developmental and managed with behavioral strategies and alarms, while in adults it often signals a medical issue (retention, infection, or diabetes) needing evaluation. The other descriptions don't align with this distinction and can misrepresent who is affected and how enuresis is typically managed.

7. In a long-term care facility, which staffing arrangement ensures safe and effective care?

- A. The Charge Nurse Performs Treatments and Supervises Staff; The LPN Administers Medications and Assists with Care; Nursing Assistants Provide Direct Client Care**
- B. The LPN Supervises Treatments; The Charge Nurse Administers Medications; Nursing Assistants Provide Direct Client Care**
- C. The Charge Nurse Administers Medications; The LPN Provides Direct Client Care; Nursing Assistants Supervise Staff**
- D. The Charge Nurse Does Not Involve in Care; The LPN Oversees All; Nursing Assistants Provide Direct Care**

Safe and effective care in a long-term care setting relies on delegating tasks to staff according to licensure and ensuring proper supervision. In this arrangement, the Charge Nurse, as the RN, oversees the unit, coordinates treatments, monitors residents for changes, and supervises the care team. This ensures that assessment and planning stay under a qualified clinician who can interpret changes and adjust care accordingly. The Licensed Practical Nurse administers medications and assists with care under that supervision. LPNs have the training to handle med administration and many routine nursing tasks, but their work is guided by the plan and oversight of the RN, which helps prevent medication errors and ensures consistency with residents' needs. Nursing Assistants provide direct resident care, such as helping with activities of daily living, hygiene, and basic tasks, while reporting changes to the licensed staff. Their role supports the plan of care without taking on tasks that require licensure or independent clinical judgment. This setup promotes clear accountability, appropriate use of each role's scope of practice, and a system of checks and supervision that enhances patient safety. Other arrangements tend to blur roles or remove necessary supervision, which can compromise safety and quality of care.

8. To treat a urinary tract infection (UTI), a client is prescribed sulfamethoxazole (Gantanol), 2 g by mouth initially, and then 1 g by mouth three times daily. The nurse should teach the client that sulfamethoxazole is most likely to cause which adverse effect?

- A. Diarrhea**
- B. Nausea**
- C. Dizziness**
- D. Headache**

GI upset from this sulfonamide antibiotic is common, and diarrhea is the most frequent adverse effect. Its broad action disrupts normal intestinal flora and can irritate the GI tract, leading to loose stools more often than nausea, dizziness, or headaches. Encourage fluids and monitor for persistent or severe diarrhea, especially with fever or abdominal pain, which could indicate antibiotic-associated colitis.

9. A urine sample with a pH of 5.2 is best described as which type of solution?

- A. Acidic**
- B. Alkaline**
- C. Neutral**
- D. Basic**

A pH below 7 indicates acidity, while above 7 indicates basic (alkaline) and 7 is neutral. A urine sample with a pH of 5.2 has a higher hydrogen ion concentration than neutral water, placing it in the acidic range. Normal urine can be acidic to slightly basic, but 5.2 falls clearly on the acidic side, not neutral or alkaline/basic.

10. Which sexually transmitted disease must be reported to the public health department?

- A. Gonorrhea**
- B. Chlamydia**
- C. Herpes simplex**
- D. Human papillomavirus**

Public health tracking relies on reporting certain infections to monitor outbreaks, guide control measures, and notify partners. Gonorrhea is one of the classic notifiable sexually transmitted infections; when diagnosed, clinicians report it to the local or state health department. This enables timely partner notification, appropriate treatment, and surveillance of trends and resistance patterns. Herpes simplex and human papillomavirus are not routinely reported in most settings, and while chlamydia is reportable in many areas, gonorrhea is the STD most consistently required to be reported.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://nclexgenitourinarydisorders.examzify.com>

We wish you the very best on your exam journey. You've got this!

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