Urinalysis – Physical and Biochemical Practice Test (Sample)

Study Guide

BY EXAMZIFY

Everything you need from our exam experts!

Table of Contents

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

1. **Why might a first-morning urine sample not be ideal for all urinalysis tests?**

   A. It is more concentrated

   B. It is more diluted

   C. It is contaminated more often

   D. It has no drawbacks

2. **The three intermediate products of fat metabolism include all of the following except:**

   A. Acetoacetic acid

   B. Ketoacetic acid

   C. Beta-hydroxybutyric acid

   D. Acetone

3. **Which of the following best describes the urine specific gravity associated with low ADH (antidiuretic hormone) activity?**

   A. Low specific gravity

   B. High specific gravity

   C. Variable specific gravity

   D. Specific gravity close to 1.025

4. **What is the difference between semi-quantitative results on a dipstick urinalysis and quantitative results from tests like UPCR or 24-hour protein measurement?**

   A. Dipstick results are exact numerical values; UPCR and 24-hour provide semi-quantitative categories

   B. Dipstick results are semi-quantitative categories; UPCR and 24-hour provide exact numerical values

   C. Dipstick detects only presence or absence; UPCR is quantitative

   D. Dipstick results are qualitative categories only

5. Which finding in urine sediment is most strongly associated with glomerulonephritis?

A. RBC casts

B. WBC casts

C. Oval fat bodies

D. Renal tubular epithelial cells

6. The normal renal threshold for glucose in the adult is approximately:

A. 100 mg/dL

B. 50 mg/dL

C. 160 mg/dL

D. 300 mg/dL

7. Thorny apple crystals correspond to which compound?

A. Ammonium biurate

B. Calcium oxalate

C. Uric acid

D. Cholesterol

8. Crenation of red cells in urine indicates the urine is which type?

A. Hypertonic

B. Isotonic

C. Hypotonic

D. Normal

9. How should a clinician respond to a urinalysis with multiple borderline results?

A. Document as borderline; consider repeat testing or follow-up with quantitative measures and correlate with clinical signs.

B. Treat empirically for a urinary tract infection.

C. Ignore and discharge.

D. Schedule a surgery consult.

10. Identify the cast.

A. Waxy Cast

B. Hyaline Cast

C. RBC Cast

D. Granular Cast

Answers

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

Explanations

1. Why might a first-morning urine sample not be ideal for all urinalysis tests?

A. It is more concentrated

B. It is more diluted

C. It is contaminated more often

D. It has no drawbacks

Urine concentration varies with collection time, so the first-morning sample is typically more concentrated because the body has been without fluid for several hours overnight. That higher concentration means more solutes per milliliter and a higher specific gravity, which can bias tests that depend on how concentrated the urine is. Because many urinalysis tests assume a sample that reflects typical daily excretion, a highly concentrated first-morning specimen can exaggerate or mask findings, making it less ideal for those tests. Some tests may benefit from concentration, but for routine analyses that aim to reflect average excretion, a different collection time helps provide a more representative result.

2. The three intermediate products of fat metabolism include all of the following except:

A. Acetoacetic acid

B. Ketoacetic acid

C. Beta-hydroxybutyric acid

D. Acetone

During ketogenesis in the liver, fat metabolism yields three ketone bodies that can be used for energy by other tissues: acetoacetate (often called acetoacetic acid), beta-hydroxybutyrate, and acetone. These are the distinct products formed when excess acetyl-CoA is diverted from the citric acid cycle. Ketoacetic acid is not a separate ketone body; it's simply another term sometimes used for acetoacetate. Because of that overlap, it isn't an additional, distinct intermediate. The three legitimate ketone bodies are acetoacetate, beta-hydroxybutyrate, and acetone, so the term ketoacetic acid is the one that doesn't represent a separate product.

3. Which of the following best describes the urine specific gravity associated with low ADH (antidiuretic hormone) activity?

A. Low specific gravity

B. High specific gravity

C. Variable specific gravity

D. Specific gravity close to 1.025

When ADH activity is low, the kidneys don't reabsorb as much water in the collecting ducts because there are fewer aquaporin-2 water channels in place. This means more free water is lost in urine, producing a dilute urine. Urine specific gravity reflects how concentrated or dilute the urine is, so dilute urine corresponds to a low specific gravity (typically around 1.005 or even lower, closer to the density of water). So the best description for low ADH activity is a low urine specific gravity. In contrast, high ADH or dehydration makes urine more concentrated and higher SG, and fluctuating ADH would lead to more variable SG.

4. What is the difference between semi-quantitative results on a dipstick urinalysis and quantitative results from tests like UPCR or 24-hour protein measurement?

A. Dipstick results are exact numerical values; UPCR and 24-hour provide semi-quantitative categories

B. Dipstick results are semi-quantitative categories; UPCR and 24-hour provide exact numerical values

C. Dipstick detects only presence or absence; UPCR is quantitative

D. Dipstick results are qualitative categories only

Dipstick urinalysis yields semi-quantitative information for protein because the test uses a colorimetric reaction read by eye and reported in categories (negative, trace, 1+, 2+, etc.) rather than as an exact number. The color scale gives an approximate range of protein concentration and can be affected by how concentrated the urine is, the urine's pH, and other factors, so it isn't a true measurement of exact amount. In contrast, a urine protein-to-creatinine ratio provides a numeric value (mg protein per mg creatinine), and a 24-hour urine collection reports the total protein excreted in a day in milligrams—both are quantitative. These quantitative tests give precise numbers that are useful for monitoring changes in proteinuria over time.

5. Which finding in urine sediment is most strongly associated with glomerulonephritis?

A. RBC casts

B. WBC casts

C. Oval fat bodies

D. Renal tubular epithelial cells

RBC casts are most strongly associated with glomerulonephritis because they indicate bleeding from inflamed glomeruli. When red blood cells leak into the nephron from damaged glomerular capillaries, they travel through the tubules and can be trapped in a Tamm-Horsfall protein–rich matrix, forming red blood cell casts. Their presence in urine sediment points to a glomerular source of hematuria, which is a hallmark of GN. WBC casts suggest tubulointerstitial inflammation or infection rather than primary glomerular disease. Oval fat bodies indicate lipiduria from nephrotic-range protein loss, which can occur with various glomerular disorders but is not specific for GN. Renal tubular epithelial cells reflect tubular injury or necrosis, such as in acute tubular necrosis, not primarily glomerulonephritis. So the finding most characteristic of glomerulonephritis is the presence of RBC casts.

6. The normal renal threshold for glucose in the adult is approximately:

A. 100 mg/dL

B. 50 mg/dL

C. 160 mg/dL

D. 300 mg/dL

Glucose handling by the kidney hinges on reabsorption in the proximal tubule. Under normal conditions, almost all filtered glucose is reabsorbed by sodium-glucose cotransporters (SGLT2 mainly, with SGLT1 helping later along the tubule). These transporters have a maximum capacity. If plasma glucose stays below what these transporters can reclaim, no glucose spills into the urine. Once the filtered load exceeds that maximum, glucose begins to appear in urine—this point is the renal threshold for glucose. In healthy adults, that threshold is about 160 mg/dL. So, at plasma glucose levels around or below this value, urine is typically glucose-free, and as levels rise past it, glycosuria begins. Although some sources cite slightly higher values (roughly 180 mg/dL), 160 mg/dL is the commonly tested normal threshold.

7. Thorny apple crystals correspond to which compound?

A. Ammonium biurate

B. Calcium oxalate

C. Uric acid

D. Cholesterol

Thorny apple crystals are ammonium biurate. They form in urine that is alkaline or has aged, when ammonia combines with uric acid to create ammonium biurate crystals. These crystals have a distinctive yellow-brown color with radiating spicules, giving the thorny apple appearance. This morphology is specific and helps distinguish them from other common crystals: calcium oxalate crystals are envelope or dumbbell-shaped, uric acid crystals are rhomboid or rosettes, and cholesterol crystals are plate-like. So the thorny, spiky appearance points to ammonium biurate.

8. Crenation of red cells in urine indicates the urine is which type?

A. Hypertonic

B. Isotonic

C. Hypotonic

D. Normal

Osmosis shapes red blood cells according to the surrounding solute concentration. When urine is hypertonic relative to the RBC interior, water leaves the cells, causing them to shrink and take on a crenated, scalloped outline. So crenation of red cells in urine indicates the urine is hypertonic (more concentrated). If the urine were isotonic, the cells would maintain their normal shape, and if hypotonic, water would enter the cells causing swelling or lysis rather than crenation. Normal urine can vary in concentration, but crenation specifically points to a hypertonic environment.

9. How should a clinician respond to a urinalysis with multiple borderline results?

A. Document as borderline; consider repeat testing or follow-up with quantitative measures and correlate with clinical signs.

B. Treat empirically for a urinary tract infection.

C. Ignore and discharge.

D. Schedule a surgery consult.

When urinalysis results are borderline, the priority is to clarify the finding rather than jump to treatment or dismissal. The best approach is to document the results as borderline and plan follow-up with quantitative testing (such as a urine culture or precise measurements) while weighing the patient's symptoms and signs. This cautious path avoids unnecessary treatment for a result that isn't clearly abnormal and helps confirm whether there is an infection or other issue. If symptoms suggest a urinary tract infection, targeted testing and treatment may be warranted, but without clear evidence, empirical therapy isn't indicated. Ignoring the results or pursuing unrelated consultations, like a surgery consult, isn't appropriate for a nondiagnostic urinalysis.

10. Identify the cast.

A. Waxy Cast

B. Hyaline Cast

C. RBC Cast

D. Granular Cast

Casts are formed from Tamm-Horsfall mucoprotein secreted by tubular cells and reflect the conditions inside the tubules. The simplest, most common type is the hyaline cast: colorless, translucent, and smooth-walled, essentially a clear, glassy tube. This appearance comes from a pure mucoprotein matrix with little to no cellular debris, so it looks like a thin, uniform rod. Because hyaline casts are colorless and featureless, they commonly appear in concentrated urine or when urine flow is reduced, such as during dehydration, fever, or after intense exercise. They are non-specific, meaning they can be seen in healthy individuals as well as in minor tubular stress, so they're the most likely match when the slide shows a clear, uniform cast without inclusions. Waxy casts, by contrast, are broad and have a dull, crackled surface and signify slow flow with chronic kidney changes. Granular casts show granules from degenerated cells or protein debris, giving a coarse or fine granular appearance. RBC casts contain red blood cells and point to glomerular bleeding or nephritic processes. The image described fits the hyaline cast best because of its colorless, smooth, homogeneous look.

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://urinalysisphysicalbiochem.examzify.com

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