Urinary System Pathologies Practice Test (Sample)

Study Guide

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. Absence of urine formation by the kidneys.

A. Anuria

B. Edema

C. Uremia

D. Nephrosis

2. Nephrotic syndrome is a condition characterized by very high levels of protein lost in urine and abnormally low levels of protein in the blood due to glomerular damage.

A. Edema

B. Nephrosis

C. Nephrotic syndrome

D. Uremia

3. Which term describes difficulty initiating urination?

A. Urinary Hesitancy

B. Oliguria

C. Polyuria

D. Urinary Retention

4. Which condition refers to inflammation of the renal pelvis only?

A. Pyelonephritis

B. Cystitis

C. Urethritis

D. Pyelitis

5. Which condition is characterized by a sudden, unstoppable urge to urinate with leakage?

A. Overactive Bladder

B. Oliguria

C. Polyuria

D. Urinary Hesitancy

6. What term refers to an abnormal mineral deposit formed within the body, named for the organ or tissue where they are located?

A. Nephrolith

B. Stone

C. Ureterectasis

D. Ureterolithiasis

7. Which term describes the presence of abnormally high concentrations of protein in the urine?

A. Hyperproteinuria

B. Hypoproteinemia

C. Hydronephrosis

D. Nephritis

8. Abnormal enlargement of the prostate gland that occurs most often in men over age 50, making urination difficult.

A. Prostatitis

B. Benign Prostatic Hypertrophy

C. Prostate Cancer

D. Nocturia

9. Inflammation of the bladder is called?

A. Cystalgia

B. Vesicovaginal Fistula

C. Cystitis

D. Pyelitis

10. Which condition is the dilation of one or both kidneys?

A. Nephropyrosis

B. Nephritis

C. Hydronephrosis

D. Nephrectasis

Answers

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

Explanations

1. Absence of urine formation by the kidneys.

A. Anuria

B. Edema

C. Uremia

D. Nephrosis

Absence of urine formation is referred to as anuria. This describes a complete or near-complete lack of urine output, typically defined as less than about 100 mL per day, indicating a severe disruption of kidney function or urinary tract flow. This is the best description of the stem. The other terms describe different problems: edema is swelling from fluid retention, not a direct description of urine production; uremia is the buildup of waste products in the blood due to kidney failure (a consequence of kidney dysfunction rather than the act of urine formation itself); nephrosis refers to nephrotic syndrome, characterized by heavy protein loss in urine, edema, and lipid abnormalities, not the absence of urine production.

2. Nephrotic syndrome is a condition characterized by very high levels of protein lost in urine and abnormally low levels of protein in the blood due to glomerular damage.

A. Edema

B. Nephrosis

C. Nephrotic syndrome

D. Uremia

The key idea is nephrotic syndrome, which is defined by heavy protein loss in urine (proteinuria) and low blood protein (hypoalbuminemia) due to damage to the glomerular filtration barrier. When a lot of protein leaks into the urine, blood levels of albumin fall, reducing oncotic pressure in the vessels. That drop allows fluid to shift into the interstitial spaces, producing edema. The liver then often increases lipoprotein production, leading to hyperlipidemia, a common accompanying feature. While edema is a major sign of this condition, it is a consequence rather than the disease name itself. Uremia refers to a buildup of waste products from kidney failure and is not specific to heavy protein loss in urine. Nephrosis is an older term that's sometimes used synonymously, but the precise name for this cluster of findings is nephrotic syndrome.

3. Which term describes difficulty initiating urination?

A. Urinary Hesitancy

B. Oliguria

C. Polyuria

D. Urinary Retention

Difficulty starting to urinate is described as urinary hesitancy. This term specifically refers to a delay or trouble initiating the urine stream despite the urge to void and the bladder being ready to release urine. It's about the onset of flow, not how much urine is produced. In contrast, oliguria means too little urine produced, polyuria means too much urine produced, and urinary retention refers to being unable to empty the bladder or a failure to void completely. So urinary hesitancy best captures the struggle to begin urination.

4. Which condition refers to inflammation of the renal pelvis only?

A. Pyelonephritis

B. Cystitis

C. Urethritis

D. Pyelitis

Inflammation limited to a specific part of the urinary tract is named for the site involved. The renal pelvis is the area inside the kidney where urine collects before it moves to the ureter. When inflammation is confined to this region, the correct term is pyelitis. If the inflammation also affects the kidney tissue itself (the renal parenchyma), it becomes pyelonephritis. Cystitis refers to bladder inflammation, and urethritis refers to urethra inflammation. So, inflammation of the renal pelvis only is pyelitis.

5. Which condition is characterized by a sudden, unstoppable urge to urinate with leakage?

A. Overactive Bladder

B. Oliguria

C. Polyuria

D. Urinary Hesitancy

This item tests recognizing a pattern of urgent, uncontrollable urination that often leads to leakage. Overactive bladder involves a sudden, compelling urge to void that is difficult to defer, and leakage commonly occurs when the urge is strong. The detrusor muscle may be overactive, causing that abrupt, unstoppable urge. In addition to urgency, people with this condition may experience frequent urination and nighttime urination, but the hallmark in this scenario is the sudden, strong urge with leakage. Oliguria means very little urine output, not a sudden urge. Polyuria is excessive urine production. Urinary hesitancy is trouble starting a urine stream.

6. What term refers to an abnormal mineral deposit formed within the body, named for the organ or tissue where they are located?

A. Nephrolith

B. Stone

C. Ureterectasis

D. Ureterolithiasis

These deposits are called stones, or calculi. They form when minerals crystallize inside body fluids or within ducts. The general term “stone” covers mineral deposits formed in the body and is used regardless of exact location. When you specify location, you get terms like a kidney stone (nephrolith) or a stone in the ureter (ureterolith), which name the deposit after the organ. The other options point to a specific location or condition: a nephrolith is a kidney stone, ureterolithiasis refers to stones in the ureter, and ureterectasis is dilation of the ureter, not a stone. So the broad term that best fits the description is “stone.”

7. Which term describes the presence of abnormally high concentrations of protein in the urine?

A. Hyperproteinuria

B. Hypoproteinemia

C. Hydronephrosis

D. Nephritis

When protein shows up in urine at higher-than-normal levels, the term used is hyperproteinuria. The prefix "hyper-" signals an excessive amount, so this label pinpoints the abnormal increase in urinary protein excretion. The broader idea is proteinuria, which describes protein in the urine, but the "hyper-" form specifically indicates it's abnormally elevated. In contrast, hypoproteinemia refers to low protein levels in the blood, not the urine; hydronephrosis is a dilation of the kidney due to urine buildup and isn't about protein content; nephritis is inflammation of the kidneys, which can accompany proteinuria but describes a different process.

8. Abnormal enlargement of the prostate gland that occurs most often in men over age 50, making urination difficult.

A. Prostatitis

B. Benign Prostatic Hypertrophy

C. Prostate Cancer

D. Nocturia

Enlargement of the prostate around the urethra in older men is most classically Benign Prostatic Hyperplasia. The prostate grows mainly in the transitional (perieurethral) zone, which surrounds and narrows the urethral passage. As the gland enlarges, it constricts the urethral lumen, making urination harder. This produces obstructive symptoms such as a weak, hesitant, or intermittent stream and a sense of incomplete bladder emptying, often accompanied by irritative symptoms like nocturia or frequency. Prostatitis is an inflammatory condition that can cause pelvic pain, fever, and painful urination, but it is not simply age-related prostate enlargement. Prostate cancer is a malignancy that may cause urinary issues later, but it typically presents differently (and may show a hard or irregular nodule on exam) rather than the smooth, age-related enlargement seen with BPH. Nocturia is a symptom that can occur with BPH, but it isn't the underlying diagnosis by itself.

9. Inflammation of the bladder is called?

A. Cystalgia

B. Vesicovaginal Fistula

C. Cystitis

D. Pyelitis

Inflammation of the bladder is signaled by the term cystitis. The building blocks are simple: cyst- means bladder, and -itis means inflammation, so cystitis directly names inflammation of the bladder. This fits because the bladder is the hollow organ that stores urine, and when it becomes inflamed you get symptoms like burning with urination, frequency, urgency, and lower abdominal discomfort. Other terms refer to different concepts—cystalgia is bladder pain, a vesicovaginal fistula is an abnormal connection between the bladder and vagina, and pyelitis is inflammation of the renal pelvis, not the bladder.

10. Which condition is the dilation of one or both kidneys?

A. Nephropyrosis

B. Nephritis

C. Hydronephrosis

D. Nephrectasis

Hydronephrosis is the dilation of the kidney's collecting system, usually the renal pelvis and calyces, caused by impaired urine drainage from the kidney. When urine backs up due to an obstruction or downstream blockage, the kidney becomes distended, and this dilation can affect one kidney or both depending on where the problem lies. This is different from inflammation or infection of the kidney, such as nephritis or nephropyrosis, which involve inflammatory or purulent processes rather than just fluid expansion of the collecting system. Over time, persistent dilation can damage kidney tissue, so the goal is to relieve the obstruction and decompress the kidney, often by addressing the underlying cause or using interventions to restore urine flow.

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://urinarysyspathologies.examzify.com

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