

### Urinary

- Urine travels through urinary system (kidneys, ureters, bladder, & urethra)
- Kidneys filter 120-150 quarts of blood to produce 1-2 quarts of urine (bladder can hold up to 2 cups of urine)
- Several factors that influence the amount of urine produced:
  - ↳ Breathing, Juxta-glomerular feedback, & medications
  - ↳ Consumption of certain fluids → change color or odor, and amount
  - ↳ Drinking a large amount of fluid, alcohol, & caffeinated beverages may increase urine volume

### Types of Urinary Incontinence

- **Stress incontinence** - coughing, sneezing, laughing or physical activity that increases pressure on the bladder
- **urge incontinence** - strong urge to urinate, but leaking occurs before getting to the toilet
- **Reflex incontinence** - urinary leakage as a result of nerve damage
- **Overflow incontinence** - incomplete bladder emptying which results in the bladder overflowing when full
- **Functional incontinence** - physical inability to reach toilet in time
- **Nocturnal Enuresis** - wetting the bed

### Urinary Retention

- Occurs when the bladder is not able to fully empty
- ↳ symptoms = inability to urinate, pain, abdominal distention, urinary frequency, urinary hesitancy, weak or slow urine stream, & urinary leakage

### Expected Urinary Characteristics

#### Urine Characteristics:

- ↳ Light-yellow color, clear & w/o clots/clumps
- ↳ Dark yellow or amber may indicate dehydration, kidney, or liver issues
- ↳ Red tint may indicate blood in urine

Expected urine production in Adults: 0.5-1.0 L/hr

UTI: pee is cloudy!

### Urinary Catheterization & Complications

- **Urinary catheterization** - A catheter placed into bladder through urethra or surgically placed through abdomen to drain urine
- **Urostomy** - surgically created using a small part of the small intestine of one end attached to the ureters and the other end to the abdominal wall where a stoma is created to allow urine to pass into an external pouch
  - ↳ A subcutaneous urostomy is when ureters are attached directly to the stoma
- **Nephrostomy** - A tube is surgically inserted into the kidney to drain urine into an external pouch
  - ↳ usually temporary; performed after removal of kidney stones & removed once the kidney is healed
- **Cystostomy** - catheter is inserted directly into bladder & attached to an external drainage bag

# Ics 1study Guide

**EW Minium**



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