

# GLENDALE

VETERINARY HOSPITAL

ALL KINDS OF CARE FOR ALL KINDS OF PETS

## 04 Urine – Liquid Gold!!

Yep, liquid gold is what we said. Urine has so much diagnostic information in it that the benefits of doing a urinalysis in pets make it a highly valuable tool in managing your pet's health. But collecting urine from your pet can be a challenge. What kind of container should I use? When should I collect it and most importantly how to keep from spilling it?!

Performing a urinalysis is recommended any time a pet has a change in their usual bathroom habits. Are they going more

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frequently? House soiling? Increase or decrease in volume? Is there a change in odor or color? Is there difficulty or discomfort when urinating? These might indicate a urinary tract infection or bladder stones or crystals.

Has the veterinarian diagnosed your pet with a high white blood cell count or liver or kidney disease? A urinalysis can show how well the body is working before you can see signs of disease!

Urine is best collected at home in a very clean and dry plastic container. Many people find sandwich containers the easiest. Run the container through your dishwasher first if possible. This will help to reduce the chance of contamination. A first morning sample is best. This generally is the most concentrated sample. In some specific cases, the veterinarian will recommend that your pet's water be removed for a specific period of time to test this concentrating ability. You may even be asked to bring a sample collected before or after your pet has eaten.

Dogs are they easiest to collect urine from because their bathroom habits are predictable. For male dogs a quick wipe with a disposable wet wipe or wash cloth at the tip of the penis will help prevent contaminates from the skin from getting in the sample. Female dogs benefit from this gentle washing on the vulva. For female dogs with long hair it helps to wrap the tail hair up to prevent contamination and to help aid in your collection. When ready, walk your dog on a short leash. It may help to have one person collect the urine while another walks the dog. Stand a few feet from your dog and allow them to wander on leash while you wait patiently. The benefit of catching a first morning sample is that most pet's have to urinate and will waste no time in getting down to business.

Only a few tablespoons are needed, so if you don't get the whole voided sample don't be worried. For cats the easiest way is to lock them in a "water proof" room such a bathroom for the night. You can either leave a very clean empty litter box out for them or bring them in to the clinic first thing in the morning for a veterinary technician to express the bladder into a sterile plastic container. Some cats are not fond of the empty litter box so we can recreate the texture of litter by using something called Nosorb. This is a black plastic pelleted litter material. A small amount is left in the clean litter box and when a sample is obtained all the urine plus some of the pellets are collected in the clean plastic container. In some cases it may be necessary for us to collect urine at the hospital. If we require a sterile sample we will perform a cystocentesis, sometimes using our ultrasound to help us.

A cystocentesis is a urine sample collected directly from the bladder. This is done by inserting a very small diameter needle into the bladder and then withdrawing the urine into a sterile syringe. Once you have obtained your urine sample you must bring it to the hospital between 4 -6 hours after collection. If you can not bring it with in the hour please refridgerate the sample until you are able to bring it.

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For more information please call the staff at Glendale Veterinary Hospital.*