

# Red Urine

|  |
|--|
| Introduce yourself , take permission   |
| Patient profile (name , age , occupation , marital status)                   |
| Chief complaint + duration   |
| Analysis of the Chief Complaint  |
| <b>I. Onset</b> (duration, sudden or gradual, progression, first time) = OPP |
| <b>II. Character</b>   |
| a) <b>Color</b>  |
| o Bright Red →   |
| o Dark brown →   |
| o Tea (Cola) color >>  |
| b) <b>Part of stream</b>   |
| o Initial →  |
| o Total →  |
| o Terminal →   |
| c) <b>Clots</b> →  |
| d) <b>Smell</b>  |
| o Foul → UTI   |
| e) <b>Amount</b>   |
| f) <b>With Pain</b>  |
| o Yes →  |
| o No   |
| <b>III. Timing</b>   |
| a) Continuous or intermittent  |
| b) Times per day   |
| <b>Associated symptoms</b>   |
| <b>I. General</b>  |
| a) Fever & Chills → Pyelonephritis   |
| b) Weight loss → Malignancy  |
| <b>II. UGS</b>   |
| a) Flank pain → Kidney Stones  |
| b) Dysuria → Urethritis  |
| c) Frequency, Urgency, Nocturia  |
| d) Straining, Poor stream  |
| <b>III. GI</b>   |
| a) Nausea & Vomiting → Pyelonephritis, Obstructive Jaundice                  |
| b) Abdominal pain  |
| c) Jaundice  |
| d) Pale stool  |
| <b>IV. CVS</b>   |
| a) Chest pain → Nephritic syndrome secondary to SLE                          |
| b) Palpitations → Pyelonephritis   |
| c) Ankle edema → Nephritic syndrome  |
| <b>V. MSS</b>  |
| a) Skin rash (malar rash)  |
| b) Joint Pain  |
| c) Raynaud phenomena   |
| d) Muscle pain or trauma → Rhabdomyolysis                                    |

**Risk Factors (always ask about smoking and alcohol)**

- I. Kidney Stones** → Family Hx of stones, Diet.
- II. Hemolytic Anemia** → G6PD deficiency, Family Hx
- III. Nephritic Syndrome** (due to PSGN) → Sore throat in the last 10 days
- IV. Rhabdomyolysis** → Strenuous exercise
- V. Food** → Dyes, Beetroot
- VI. Malignancy** → Age > 50.

**Review of systems**

**Past medical and surgical:** Chronic illnesses (DM, HTN, Hyperlipidemia), Blood disorders, Previous surgeries.

**Drug Hx:** Rifampicin, Cyclophosphamide, Penicillin, NSAIDs, Aminoglycosides, Aspirin, Anticoagulants.

**Family Hx:** Ask about relevant conditions related to the history (Red urine), and any chronic diseases.(Bleeding disorders, Blood disorders)

**Social Hx:** Smoking history (# of pack years), alcohol, travel history, drug abuse.