

TEST OF ZIMNICKI

1. Brief description

Urine day and night diuresis and the specific weight fluctuations within 24 h can be determined by this test. It is possible to assess the ability of the kidneys to concentrate and dilute the urine.

2. Method - Test of Zimnicki.

The amount and specific weight of the urine in each portion is determined. The amount of day and night urine is determined separately.

3. Tube labelling and testing material

Urine.

Urine is collected every three hours during 24 h.

1. In the morning, 6.00 a patient urinates in the toilet, then each three hours, in separate containers (9.00, 12.00, 15.00, 18.00, 21.00, 24.00, 3.00, 6.00).
2. Each bottle must be labelled with:
 - Patient's name, surname;
 - Date;
 - Time.

Normal physical activity and usual diet (average of 1.2 l of fluid per day) should be maintained.

4. Referenced values

24 h diuresis - about 1.5 l

(50 - 80% of the amount of fluid absorbed is released).

Day diuresis - not less than 1.0 l

Night diuresis - 0.5 l

The amount of urine in portions - 50 - 400 ml

Specific gravity - 1003 - 1028

5. Deviations from the norm

Reduced daily amount of urine - oliguria, anuria.

Increased amount of urine compared to urine intake - polyuria.

Decreased urine density and low-density fluctuations during the day - hipostenuria, isostenuria.

Increased amount of urine at night - nocturia.