Urine Dipstick for Protein, Glucose, Ketones and Nitrites

Although urinalysis via office dipstick is still common practice, there is little data to show that routine use of this test provides valuable clinical information or predicts women who will develop complications of pregnancy (Murray et al., 2002). However, certain populations benefit from routine screening of urine. For example, screening the urine for ketones is useful for a patient who is at nutritional risk from nausea and vomiting of pregnancy or who has a known or suspected eating disorder.