GENITOURINARY (GU) EXAMINATION AND ASSESSMENT QUESTIONNAIRE (EAQ) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://genitourinaryeaq.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. What is the believed pathologic process of post-infectious glomerulonephritis?

A. Infarction of renal vessels

B. Bacterial endotoxin deposition and destruction of glomeruli

C. Immune complex formation and glomerular deposition

D. Glomeruli blocked by bacteria from endocardial vegetation

2. What lifestyle change is often recommended to prevent kidney stones?

A. Reducing protein intake

B. Increasing caffeine consumption

C. Maintaining hydration

D. Avoiding fiber

3. What distinguishes urge incontinence from stress incontinence?

A. Urge incontinence occurs with physical activity

B. Stress incontinence occurs with a strong urgency to urinate

C. Urge incontinence involves a strong urgency to urinate, while stress incontinence occurs with physical activity

D. There is no difference between the two

4. Which of the following symptoms is commonly associated with urinary tract infections (UTIs)?

A. Chest pain

B. Dysuria, frequency, urgency, and sometimes fever

C. Headaches and dizziness

D. Abdominal cramps and bloating

5. What is considered a normal urine pH range?

A. 5.0 to 9.0

B. 4.5 to 8.0

C. 6.0 to 7.5

D. 3.5 to 7.0

SAMPLE

6. If a school-aged child with acute glomerulonephritis is allowed a fluid intake based on previous output plus 40 mL, how much fluid should the child receive from 3:00 PM to 11:00 PM if their total daily allowance is 180 mL?

A. 60 mL.

B. 70 mL.

C. 80 mL.

D. 90 mL.

7. What does a urinalysis consist of?

A. Physical examination, chemical analysis, and microscopic evaluation of urine

B. Blood tests to detect kidney function

C. X-ray imaging of the kidneys

D. Ultrasound to assess bladder volume

8. What will indicate to the nurse that a peritoneal dialysis treatment is effective?

A. Less edema in the legs.

B. Increased urine output.

C. Decreased serum creatinine levels.

D. Weight loss.

9. What is considered a significant finding in a renal ultrasound?

A. Presence of fluid in the bladder

B. Presence of cysts, stones, or tumors

C. Normal kidney size

D. Presence of excess blood flow

10. The nurse needs to educate patients about the dietary management for nephrotic syndrome. Which food should be avoided?

A. High-fiber vegetables

B. Fatty fish

C. Processed meats

D. Whole grain bread

SAMPLE

Answers

SAMPLE

1. C
2. C
3. C
4. B
5. B
6. A
7. A
8. C
9. B
10. C

SAMPLE

Explanations

SAMPLE

1. What is the believed pathologic process of post-infectious glomerulonephritis?

A. Infarction of renal vessels

B. Bacterial endotoxin deposition and destruction of glomeruli

C. Immune complex formation and glomerular deposition

D. Glomeruli blocked by bacteria from endocardial vegetation

Post-infectious glomerulonephritis is primarily characterized by immune complex formation and subsequent deposition in the glomeruli. This condition often follows infections, particularly those caused by specific strains of bacteria, such as Streptococcus. The immune response to the infection leads to the formation of antibodies that form complexes with antigens, which then become deposited in the glomerular tissue. This deposition triggers an inflammatory response and activates complement pathways, ultimately resulting in damage to the glomeruli. The pathologic process is closely associated with the history of a preceding infection, suggesting a clear link between the infection and the immune response that manifests as glomerulonephritis. The accumulation of these immune complexes within the glomeruli causes alterations in glomerular filtration, often leading to symptoms such as hematuria, proteinuria, and edema. While other options touch on processes relevant to kidney injury and infection, they do not accurately capture the mechanism of post-infectious glomerulonephritis. For instance, infarction of renal vessels pertains to ischemic changes rather than immune-mediated damage. Bacterial endotoxin deposition does not directly relate to the immune complex pathology that defines this condition. Lastly, blockages from bacteria associated with endocardial

2. What lifestyle change is often recommended to prevent kidney stones?

A. Reducing protein intake

B. Increasing caffeine consumption

C. Maintaining hydration

D. Avoiding fiber

Maintaining hydration is a crucial lifestyle change recommended to prevent kidney stones. Proper hydration dilutes the substances in urine that lead to stone formation, thereby reducing the risk of crystals forming and ultimately solidifying into stones. When individuals are well-hydrated, they produce more urine, which can help flush out minerals and salts that might otherwise accumulate and form stones. In contrast, reducing protein intake may be beneficial in certain cases, as high levels of protein can contribute to some types of stones, but this is not a universally applicable recommendation for everyone. Increasing caffeine consumption does not have a direct correlation with preventing kidney stones and may even lead to dehydration in large quantities. Avoiding fiber is not typically recommended in the context of kidney stone prevention; in fact, dietary fiber is generally regarded as important for overall health. Therefore, focusing on hydration is the most effective and widely endorsed strategy for preventing kidney stones.

SAMPLE

3. What distinguishes urge incontinence from stress incontinence?

A. Urge incontinence occurs with physical activity

B. Stress incontinence occurs with a strong urgency to urinate

C. Urge incontinence involves a strong urgency to urinate, while stress incontinence occurs with physical activity

D. There is no difference between the two

The distinguishing feature of urge incontinence lies in the strong, sudden urge to urinate that occurs often due to involuntary bladder muscle contractions. In contrast, stress incontinence is characterized by the unintentional loss of urine during physical activities such as coughing, sneezing, or exercising, which increases abdominal pressure and affects the pelvic support structures. Understanding this distinction is crucial for appropriate diagnosis and treatment. Urge incontinence may be linked to various conditions affecting bladder control, whereas stress incontinence is often related to weakened pelvic floor muscles and supportive tissue due to factors like childbirth or aging. These fundamentals are critical for clinicians when evaluating a patient's symptoms and choosing the most effective management strategy.

4. Which of the following symptoms is commonly associated with urinary tract infections (UTIs)?

A. Chest pain

B. Dysuria, frequency, urgency, and sometimes fever

C. Headaches and dizziness

D. Abdominal cramps and bloating

The presence of dysuria, frequency, urgency, and sometimes fever is commonly associated with urinary tract infections (UTIs) because these symptoms directly relate to the irritation and inflammation of the urinary tract caused by infection. Dysuria refers to painful urination, which occurs due to inflammation in the bladder or urethra. Increased frequency and urgency in urination are also hallmark signs of a UTI, as the infected bladder becomes more irritable, prompting the need to urinate more often and with a sense of urgency. Fever can occur in cases where the infection is more severe or has spread to the kidneys, indicating a more systemic response to the infection. In contrast, other symptoms like chest pain, headaches, dizziness, or abdominal cramps and bloating may not be directly linked to UTIs. Chest pain does not relate to urinary symptoms and is more associated with cardiac or respiratory issues. Headaches and dizziness are nonspecific symptoms that can arise from a multitude of different health conditions and are not characteristic of UTIs. Abdominal cramps and bloating are more commonly linked to gastrointestinal issues rather than urinary tract complications.

SAMPLE

5. What is considered a normal urine pH range?

A. 5.0 to 9.0

B. 4.5 to 8.0

C. 6.0 to 7.5

D. 3.5 to 7.0

The normal urine pH range is typically between 4.5 and 8.0, with most healthy individuals having a urine pH that averages around 6.0. This range is indicative of the body's ability to maintain acid-base balance and can vary based on diet, hydration status, and metabolic factors. Urine pH is influenced by various factors; for instance, a diet high in protein may produce more acidic urine (lower pH), while a vegetarian diet may result in more alkaline urine (higher pH). Additionally, certain medical conditions can lead to deviations from this normal range. Understanding the normal pH range is crucial for interpreting urine tests, as abnormal values could indicate underlying health issues, such as urinary tract infections or metabolic disorders. The other provided ranges either extend beyond the typical physiological limits or do not completely encompass the normal conditions generally observed in human urine samples.

6. If a school-aged child with acute glomerulonephritis is allowed a fluid intake based on previous output plus 40 mL, how much fluid should the child receive from 3:00 PM to 11:00 PM if their total daily allowance is 180 mL?

A. 60 mL.

B. 70 mL.

C. 80 mL.

D. 90 mL.

To determine how much fluid the child should receive from 3:00 PM to 11:00 PM, we need to consider the context of the given fluid allowance. The total daily fluid allowance is 180 mL. This total includes the child's previous output plus an additional 40 mL as indicated in the question. The time period from 3:00 PM to 11:00 PM is 8 hours. If we assume that the 180 mL is meant to cover the entire 24 hours of the day, we can calculate the corresponding hourly fluid allowance. By dividing the total daily allowance of 180 mL by 24 hours, we determine the hourly allowance: $$ 180 \, \text{mL} \div 24 \, \text{hours} = 7.5 \, \text{mL/hour} $$ Next, we need to calculate the total fluid allowance for the 8-hour period from 3:00 PM to 11:00 PM: $$ 7.5 \, \text{mL/hour} \times 8 \, \text{hours} = 60 \, \text{mL} $$ This calculation indicates that the child

SAMPLE

7. What does a urinalysis consist of?

A. Physical examination, chemical analysis, and microscopic evaluation of urine

B. Blood tests to detect kidney function

C. X-ray imaging of the kidneys

D. Ultrasound to assess bladder volume

A urinalysis is a common laboratory test that provides valuable information about a person's health through the examination of urine. The primary components of a urinalysis include a physical examination, a chemical analysis, and a microscopic evaluation of the urine. The physical examination looks at the urine's appearance, color, and clarity, which can offer cues about hydration status and possible underlying conditions. The chemical analysis typically includes tests for pH, specific gravity, protein, glucose, ketones, and other substances that can indicate various health conditions, including infections, diabetes, and liver diseases. Lastly, the microscopic evaluation involves checking for the presence of cells, crystals, bacteria, and other substances that may not be visible to the naked eye, helping to diagnose infections or other kidney-related issues. In contrast, the other options pertain to different diagnostic methods that do not constitute a urinalysis. Blood tests to check kidney function focus on the levels of certain substances in the blood, but they do not analyze urine. X-ray imaging and ultrasound are imaging techniques used to visualize the organs but do not involve direct analysis of urine. Thus, the comprehensive approach of a urinalysis makes the first choice the correct answer.

8. What will indicate to the nurse that a peritoneal dialysis treatment is effective?

A. Less edema in the legs.

B. Increased urine output.

C. Decreased serum creatinine levels.

D. Weight loss.

The effectiveness of peritoneal dialysis can be indicated by decreased serum creatinine levels. In patients with kidney dysfunction or failure, serum creatinine serves as a key marker of kidney function. When dialysis is effective, it improves the body's ability to filter out waste products, leading to lower serum creatinine levels. This reduction signifies that the dialysis is adequately removing waste and excess fluids from the body, reflecting improved renal function or overall metabolic status. While less edema in the legs, increased urine output, and weight loss can indicate other aspects of patient improvement, they are not specific indicators of the effectiveness of peritoneal dialysis. For instance, edema may decrease due to other reasons unrelated to dialysis effectiveness, increased urine output might not occur in patients who depend entirely on dialysis, and weight loss does not necessarily correlate with improved kidney function directly but could also occur for various reasons. Thus, decreased serum creatinine levels remain the most precise indicator of the effectiveness of peritoneal dialysis treatment.

SAMPLE

9. What is considered a significant finding in a renal ultrasound?

A. Presence of fluid in the bladder

B. Presence of cysts, stones, or tumors

C. Normal kidney size

D. Presence of excess blood flow

A significant finding in a renal ultrasound is the presence of cysts, stones, or tumors. This is because these abnormalities can indicate various underlying medical conditions that may require further evaluation or treatment. For instance, renal cysts can be benign or may signify more serious issues if they are complex, while renal tumors can be indicative of malignancies. Stones can lead to obstructions or infections, which also require clinical intervention. Normal kidney size is not considered a significant finding, as it does not provide useful diagnostic information on its own; it suggests that no apparent enlargement or shrinkage is present, but does not rule out the presence of other issues. The presence of fluid in the bladder is typically a normal finding unless there are other symptoms, as it indicates that the bladder is functioning properly. Excess blood flow may raise concerns in certain clinical settings, but it is abnormally high blood flow that often creates a significant concern, not simply the presence of excess blood flow itself without context. Thus, the identification of cysts, stones, or tumors stands out as a directly actionable and critical finding in a renal ultrasound.

10. The nurse needs to educate patients about the dietary management for nephrotic syndrome. Which food should be avoided?

A. High-fiber vegetables

B. Fatty fish

C. Processed meats

D. Whole grain bread

In the context of dietary management for nephrotic syndrome, it is essential to focus on minimizing sodium intake as well as avoiding foods that can exacerbate complications associated with the condition. Processed meats are often high in sodium, unhealthy fats, and preservatives, which can lead to fluid retention and increased blood pressure. This is particularly important in nephrotic syndrome, as patients may already face issues with edema due to protein loss in the urine. In contrast, high-fiber vegetables, fatty fish, and whole grain bread are generally considered beneficial. High-fiber vegetables can aid in digestion and help manage cholesterol levels. Fatty fish are rich in omega-3 fatty acids, which can have anti-inflammatory effects and are beneficial for heart health. Whole grain bread offers complex carbohydrates and fiber, which are important for overall health. Therefore, educating patients to avoid processed meats focuses on reducing sodium intake and managing the symptoms of nephrotic syndrome effectively.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://genitourinaryeaq.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE