

# DIABETES URINE ACR TEST

Urine Albumin Creatinine Ratio



## WHAT IS ALBUMIN?

Albumin is protein that is present in the blood. When the kidneys are working properly only tiny amounts of protein pass from the blood stream into the urine.

## WHY IS IT NECESSARY?

Living with diabetes increases your risk of changes to the small blood vessels that take blood to and from the kidneys, resulting in too much protein leaking from the vessels into the urine. This can be the first early warning sign of damage to the kidneys and this can happen even when your kidney function blood tests are normal. You may not have any symptoms and this is why its so important to have the tests done every year to check the health of your kidneys. This test also gives important information about your cardiovascular risk.

## HOW TO GET TESTED?

You will be asked for a urine sample as part of your diabetes yearly review appointment, this doesn't have to be an early morning sample. The test is called the urine ACR (albumin creatinine ratio) and it needs to be done at least every 12 months or more often if indicated.

The amount of protein can't be accurately checked using a urine dipstick strip, so the urine sample is sent to the laboratory to be tested. It is a very important test.

## WHAT IF YOUR RESULT IS RAISED?

If your urine test shows there is too much protein leaking from your kidneys you will be asked for a second urine sample which usually needs to be the first urine of the day.

If your result remains raised, there are treatments that can help to slow the progress of further kidney damage and prevent kidney failure.

## WHAT CAN YOU DO YOURSELF?

- Trying to keep blood glucose levels within your target
- Good blood pressure control
- Stop smoking
- Eat healthily
- Keep active if you can
- Attend all diabetes check ups



By Vicki Alabraba (@VickiaDSN)