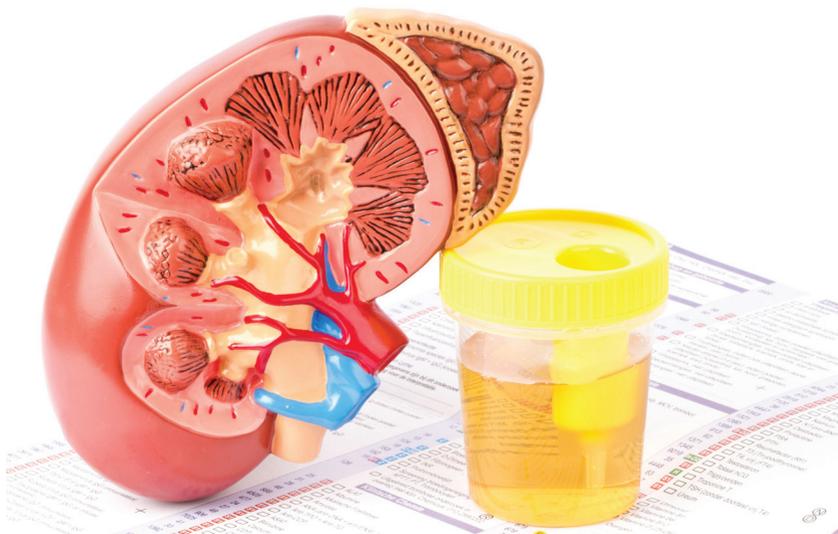


Urine test

kidney Health
NEW ZEALAND

Prevention • Support • Research



Healthy kidneys remove extra fluid and waste from your blood but let proteins and other important nutrients pass through and return to your blood

Albumin is a type of protein that is normally found in the blood. Your body needs protein, it helps build muscle, repair tissue, and fight infection. But protein should be in your blood, not your urine.

When your kidneys are not working as well as they should, they can let some protein (albumin) escape through their filters and into your urine, this is called proteinuria (or albuminuria). Protein in your urine can be an early sign of kidney disease.

When your kidneys first start to have problems, you will not notice symptoms, so the only way to know if you have protein in your urine is to have a urine test.

Anyone can have protein in their urine. You may be more at risk for having it if you have one or more of the risk factors that can cause kidney disease.

These include:

- Diabetes
- High blood pressure
- Maori, Pacific or South Asian
- A family member has had kidney disease
- Obese people.

Does it mean I have kidney disease if I have protein in my urine?

It may be an early sign of kidney disease, but your doctor will check you again to make sure the protein in your urine is not caused by something else, like not drinking enough water. If your doctor thinks that you have kidney disease, they will ask for the urine test to be repeated.

Three positive results over three months or more is a sign of kidney damage

The more protein that you have in your urine, the greater the risk of your kidney function getting worse over time.

How do they test my urine?

The urine test can be done at your doctors. You will be asked to pee into a small clear jar, called a specimen jar. Only a small amount of your urine is needed (about two tablespoons) to do the test. Some of the urine is tested right away with a **dipstick** that is placed in the urine. The rest will go to the laboratory to be tested.

What does a urine dipstick show?



The dipstick test results can be seen, after waiting a minute, the colour of the dipstick will tell us if there is any protein in the urine, if there is your Dr might want to send a urine sample off to the laboratory for another test.

What is normal for the urine test done in a laboratory?

ACR **Albumin/creatinine ratio:** - less than 3.5mgs/mmol for females
- less than 2.5mgs/mmol for males

What can you do to keep your kidneys healthy?



Stop smoking



Take your tablets



Move more



Talk to your family/
whanau about
being healthy and
for their support



Lose weight



Don't take medicines
that can damage
your kidneys, like
Nurofen and
Voltaren. Talk to your
doctor if you need to
take any painkillers.



Have less fat
and salt in
your food

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