

Diabetes Urine ACR Test Albumin Creatinine ratio

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➔ ALL YOU NEED TO KNOW ABOUT THE URINE ACR TEST FOR PEOPLE LIVING WITH DIABETES



HOW DOES DIABETES AND THE KIDNEYS LINK?

The kidneys are like a sieve, they filter blood by getting rid of extra fluid and waste products through the urine. High blood glucose (sugar) levels can damage the blood vessels and filters in the kidneys affecting how well they work.



WHAT IS THE URINE ACR?

It is an important test that measures how much albumin is in the urine. Albumin is a type of protein in the blood and is normally only found in very small amounts in the urine. A result of less than 3mg/mmol or 30mg/g is considered normal



WHY IS THE TEST NEEDED?

Too much protein leaking from the blood into the urine is the earliest warning sign that there may be a problem and this allows early treatment and close monitoring. A raised urine ACR also increases the risk of developing cardiovascular disease such as heart attacks and strokes.



HOW TO GET TESTED?

A urine sample is sent to the laboratory to be tested as a urine dipstick is not an accurate measure. An early morning sample is not needed.

This should be done as soon as diabetes is diagnosed and then at least yearly or more.

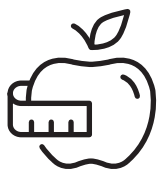


WHAT IF THE RESULT IS RAISED?

If the protein level is too high, repeat the test with an early morning urine sample

If the early morning sample remains high, treatments can be started to help slow the progress of further damage.

A referral to a specialist may also be needed.



SELF-CARE FOR HEALTHY KIDNEYS:

- Keep blood glucose levels and blood pressure within target range
- Stop smoking
- Healthy diet and exercise
- Attending all medical appointments

For further information contact:

Tel: 0116 258 4674

🌐 www.edendiabetes.com

✉ EDEN@uhl-tr.nhs.uk

🐦 @EDEN_Leicester



Leicester Diabetes Centre

