

KNOW YOUR KIDNEY NUMBERS: *uACR Test*



What is a uACR test (or urine test)?

The uACR test or *urine albumin-to-creatinine ratio* is a urine (pee) test to detect kidney damage. It measures the amount of albumin (a protein in your blood) compared to creatinine (a waste product filtered out of your blood by your kidneys).

Albumin helps transport nutrients throughout your body via your blood. If any albumin is in your urine, this can be a sign of kidney damage also known as proteinuria.

Measuring the ratio of albumin to creatinine in your urine can give your doctor an overview of your kidney health.

When and how would I get a uACR test?



The uACR test should regularly be done for people with CKD risk factors, like **type 2 diabetes** and **high blood pressure**. If you have one or both conditions, talk to your doctor about doing a uACR test.



Your doctor will typically order a uACR test when you go in for an office visit. The uACR test is a urine test and your healthcare provider will collect your urine sample at their office. They will provide you with specific instructions and necessary materials. **Make sure to drink plenty of water** before your appointment so that you are hydrated and able to provide a pee sample.



Once your provider has your urine sample, they will send it to the **lab for testing**. When they get your results back from the lab, they will follow up with you.



People with CKD might have the test done more often. Talk to your doctor about how often you should get your uACR tested and if there may be benefits to testing more often.

What do my uACR test results mean?

uACR testing is important because it can detect kidney damage earlier than other tests and help you and your doctor better understand how likely it is that your kidney disease may get worse and lead to kidney failure. A higher uACR number can mean your kidney disease is more likely to progress without proper management.

uACR TEST RESULTS		
Category	Number	What does it mean?
Normal	Less than 30 mg/g	Little to no protein was found in your urine; healthy kidneys.
Moderate	30 to 300 mg/g	Some protein was found in your urine; your kidneys have some damage. You may need more frequent testing to monitor the damage.
High	More than 300 mg/g	High level of protein was found in your urine; your kidneys are damaged and/or you may be in the later stages of chronic kidney disease (CKD).

FAQ's about uACR Testing:

What does it mean if my uACR test results change?

- ⬆ If your uACR numbers go up, your doctor will probably want to monitor your kidney disease closely for at least three months. If the numbers remain elevated, this can indicate progression of your kidney disease.
- ⬇ If your uACR numbers go down, this can indicate that you are leaking less protein into your urine. This can be a sign that your treatment or management strategies are working, keep it up!

Do I need a uACR test and an eGFR test?

- ✓ Many doctors use both the eGFR and the uACR to estimate your kidney function. Using both tests can help them get a better picture of your kidney health and monitor any disease progression.

