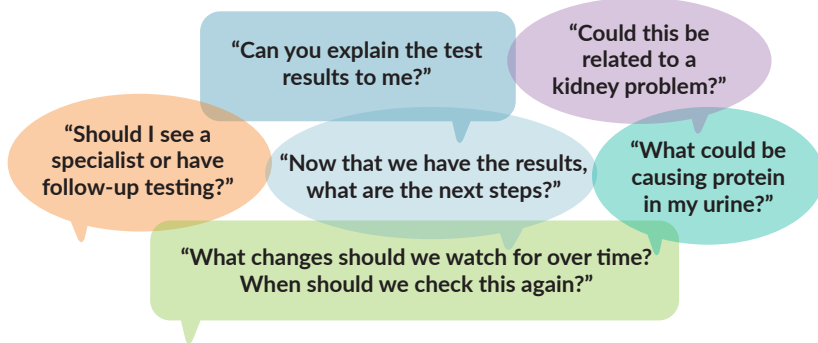


Helpful to know

- **Instructions matter.** Following collection instructions helps ensure accurate results
- **Stay hydrated.** Drinking a normal amount of water helps your test stay accurate; having too much or too little in your body can change the results
- Urine tests are **often repeated** to better understand what's going on
- If your protein levels are high, work with your doctor to bring them back to normal to help protect your kidney health

Your healthcare team should review your results with you and discuss if additional follow-up or testing is needed. If you're unsure what your results mean, it's okay to ask for clarification.



You know your body best. If you ever feel unsure or unheard, it's okay to seek more information or a second opinion. Your healthcare team is there to support you.



Scan here for more information about urine testing



Scan here to learn more about how proteinuria affects kidney health

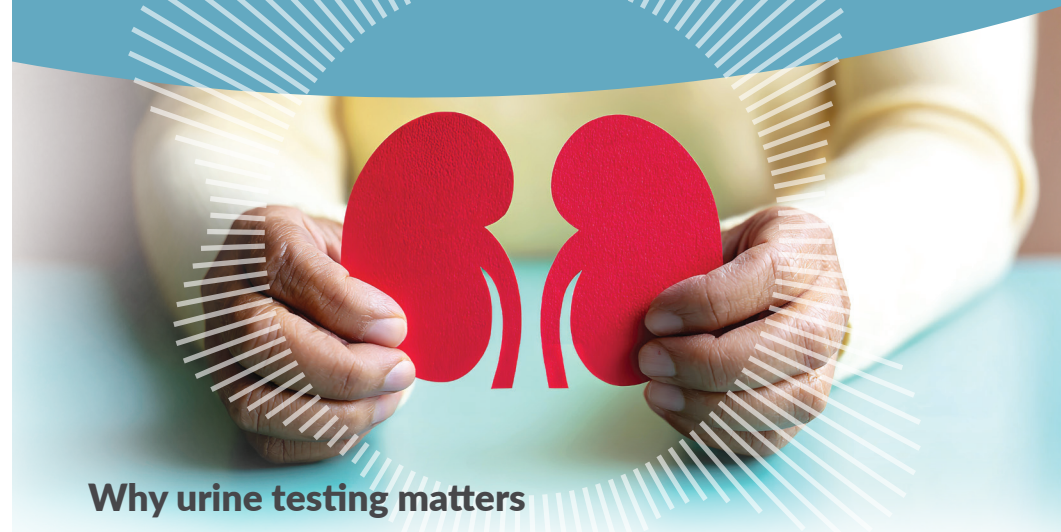
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What can your urine tell you about kidney health?



Why urine testing matters

A urine test (called 'urinalysis') is a simple way for your doctor to check your health. A small sample can help find early kidney problems, even before symptoms appear. While these tests aren't always part of your standard check-up, you can always ask your doctor for one.

What doctors look for

Protein or blood in your urine can be signs of kidney problems.



- A trace amount of protein in urine can be normal
- Too much protein in urine (**proteinuria**) can mean that your kidneys are not working well

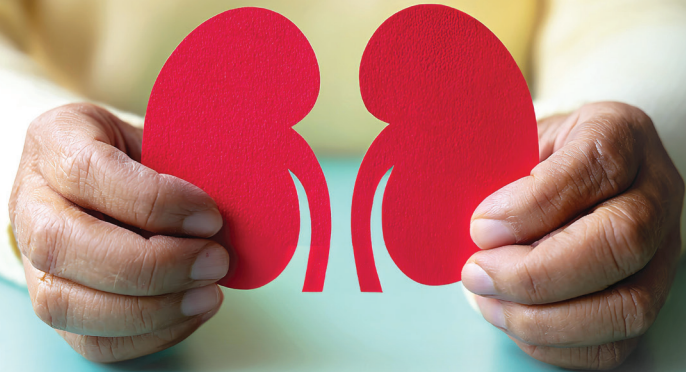


- Blood in urine (**hematuria**) is not normal and may be an early sign of kidney damage or inflammation
- Blood in urine isn't always visible. A urine test can find this early, before you experience symptoms

If your urine looks foamy or a different color (red or brown), talk to your doctor about testing to find the cause

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What you may notice

High levels of protein or the presence of blood can change how urine looks. It may look foamy or appear red or brown.

Normal urine



**Foamy urine^a
(proteinuria)**



**Bloody urine^{b,c}
(hematuria)**



^aFoamy urine doesn't always mean there's a problem, but it's worth mentioning to your doctor and requesting additional testing.

^bWhile certain medications, foods, and food coloring can cause your urine to appear red, it is always worth discussing it with your doctor and requesting additional testing to be safe.

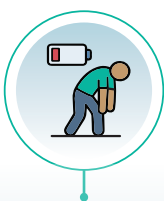
^cBlood in urine isn't always visible.

Other symptoms

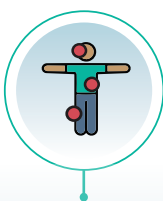
Some people with proteinuria or hematuria feel completely fine. However, others may experience one or more of the following symptoms:



Unexpected weight gain



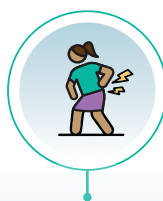
Fatigue



Swelling around the eyes, legs/ankles, or stomach



High blood pressure



Pain in your back or side

Understanding urine testing

Urine testing is important in monitoring your health.

If you have questions about your results, or notice changes like foamy urine, speak with your doctor – they're there to help.

Different types of urine tests

Doctors use different urine tests to look for proteinuria (higher than normal amounts of protein in the urine).



Dipstick test

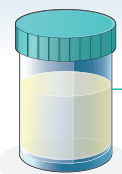
A **quick screen** often done during a doctor's visit or screening

How is the test done?

You provide a urine sample during a visit, and a **test strip** is dipped into the urine

How are the results reported?

Negative, trace, or positive amounts of protein present



Spot urine test (also known as UACR or UPCR test)

A **lab test** measuring the amount of protein in a single urine sample

How is the test done?

You give a urine sample in a **small container**, which is sent to a lab

How are the results reported?

An estimate of the amount of protein in the sample, reported as UPCR or UACR (g/g or mg/g)



24-hour urine test

A **measurement of the total amount of protein** leaking into your urine over one day (24 hours)

How is the test done?

You collect all your urine over a 24-hour period in a **special container**, which is sent to a lab

How are the results reported?

Amount of protein in your urine over 24 hours (mg/day or g/day)