

URINE ALBUMIN-TO-CREATININE RATIO (ACR) TEST

Why is this test necessary?

- Up to 30% of people with diabetes develop kidney damage in their lifetime, also called diabetic kidney disease.
- One of the earliest signs of kidney damage is protein in the urine.

What are Diabetes Canada's recommendations?

- Urine ACR test once a year in people over 12 years of age with more than 5 years of diabetes.

What is the best time to do this test?

- This test should be done as a first morning urine sample.
- A test done later in the day may show small amounts of protein unrelated to the kidney and distort results.
- Blood in the urine can also distort results, so this test should not be done while menstruating.

What is an abnormal result?

- Urine ACR >2.5 mg/mmol

What if the result is abnormal?

- If the test is abnormal, it needs to be repeated 1 month later.
- A repeat test should be done as a first morning urine sample.

- If more than 2 tests are abnormal, your endocrinologist will ask you/your child to do a 24-hour urine collection to best measure the amount of protein in the urine.

How can you/your child prepare for this test?

- Try to maintain good fluid intake the day before the test.
- Urinate before going to bed the night before the test.

What are the steps to complete this test?

1. Pick up a urine collection container in the clinic or at the lab.
2. Ensure you have a lab requisition from your doctor for the urine ACR test.
3. Ensure there is a label on the urine collection container indicating you/your child's name, date of birth, personal health number, and date and time of the test.
4. Collect the urine sample in the urine collection container.
5. Securely tighten the lid so the sample does not leak.
6. Bring the urine collection container and lab requisition to the lab as soon as possible.

What if I can't take it to the lab right away?

- Urine samples may be dropped off without an appointment at most local labs.
- Urine samples can be stored in a refrigerator for 24 hours. Keep the urine sample refrigerated until you can bring it to the lab.
- Samples older than 24 hours need to be repeated.

If you have questions about this test or your diabetes care, please contact the Endocrinology Clinic at 604-875-2117.