

# The Urine ACR Test

## Checking Kidney Health

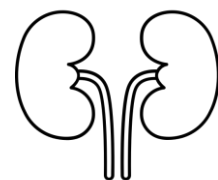
There are two tests that detect chronic kidney disease (CKD):  
 eGFR blood test and urine Albumin Creatinine Ratio (ACR) test

This leaflet is about the urine ACR test

### What jobs do our kidneys do?

The job of our kidneys is to filter waste products and extra water from our bodies, which produces urine.

When the kidneys are not working well, they do not filter blood as they should. This means protein, that should stay in the body, can leak into urine.



### What does a urine ACR test show?

Testing urine will show us if there is any protein leakage which would be a sign that the kidneys are not working as well as they should. This can happen even if the kidney function test (blood test) is normal.

### How often should I be having these tests?

If you have any of the conditions below, you should have your urine tested at least once a year or as advised by your doctor.

This is because these conditions put you at higher risk of developing chronic kidney disease:

- Type 2 diabetes
- Heart failure
- High blood pressure
- Family history of kidney disease



### The urine ACR test – what to do step by step

- 1 Collect a urine sample pot from your GP practice.
- 2 Take a sample of your urine. An early morning urine sample is best if possible.
- 3 Ensure the pot is labelled with your name, date of birth and the date the sample was taken.
- 4 Return the urine sample to your GP practice reception on the same day.

If you have any further questions, please contact your GP practice