

Microalbuminuria screen

The microalbuminuria screen is a urine test that identifies:

micro: **very tiny amounts**
albumin: **a protein**
uria: **in the urine.**

A small amount of albumin is passed out of the body in the urine of healthy people. However, these levels may increase in a variety of diseases. If you have had diabetes for over five years or you are over 12 years old, it is important to have your urine tested for albumin once a year. This helps to identify early kidney problems and assess your diabetic control.

Collect your urine sample (as described below) on any weekday morning, except Friday. Then take both the sample and completed clinical chemistry form (that will be given to you in the clinic) immediately to your GP surgery.

Please remember to write the date and time of your collection both on the sample and the request form.

Important things to remember:

- always collect the first sample of the day
- don't collect a sample if you are unwell
- don't collect the sample after sexual activity
- women should avoid the days just before, during and after their menstrual period. Contamination from vaginal discharge may cause a positive result
- avoid strenuous exercise before collecting your sample. Such activity may influence leakage of protein from the kidneys, and then give a positive result

- do not collect your sample on a Friday, Saturday or Sunday, or a bank holiday. The sample will deteriorate before it can be analysed and the result will be inaccurate.

Any questions?

For advice or help contact:

Clinical Chemistry Department

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Cornwall Diabetes & Endocrine Centre

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