

## When will I get my results?

Your consultant will receive and review your results and either write to your GP or discuss them with you at your next clinic appointment.

## Any questions?

If you have any questions or concerns please contact:

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# Urine C-Peptide test



## Who is this leaflet for?

This leaflet is for patients who have been asked to have a Urine C-peptide test by their doctor or nurse.

## What is a Urine C-Peptide test?

It is a urine test which measures whether you are producing your own insulin.

## Why do I need it?

Your nurse or doctor may have asked you to complete this test as it can be used to identify the type of diabetes you have or to diagnose the cause of low blood sugars.

## What is C-Peptide?

C-peptide is a molecule that is released at the same time as insulin is produced.

## How do I prepare for the test?

Please complete the test between Sunday and Thursday (the test should not be performed on a Friday or Saturday as it will result in a delay of the urine specimen reaching the laboratory and this will make the test invalid).

You need to perform the test after your main meal of the day, whether this is lunchtime or an evening meal. Plan your meal to ensure it contains some carbohydrates (such as bread, potatoes, rice, pasta, or noodles).

## What does the test involve?

It involves collecting some urine into the sample container provided.

1. Just before your biggest meal of the day, pass urine into the toilet.
2. Eat your meal as usual with a glass or more of water.
3. Do not eat anything else for the next two hours.
4. Do not pass urine until two hours after this meal.
5. Two hours after this meal please go to the toilet and pass some urine into the pot with the red top provided. Screw the lid on securely.
6. Write the date and the time the urine sample was taken on the pot.

Make sure the same information is recorded on the request form.

## When should I return the sample?

Please ensure the urine sample is returned with a completed request form to your GP surgery as soon as possible, on the same day, or early the next morning.

If your main meal is:

- around lunchtime between Monday and Thursday – take the sample back to the surgery that afternoon.
- in the evening or on a Sunday – take the sample to your surgery early the next morning. Keep the sample in the fridge overnight.

## What if I have a hypo?

If you experience a hypo on the testing day, treat your hypo as normal and do this test on another day.

## What happens afterwards?

Once you have completed the test please return the urine specimen to your GP's surgery as soon as possible to allow them to send it on to the laboratory for analysis.

## Are there any risks or complications?

There are no risks or complications associated with this test.

## Are there any alternatives?

A blood test can be done to measure C-peptide. This unfortunately cannot be done at your local GP surgery and requires a short two hour hospital admission to the Royal Cornwall Hospital, Truro. This is because the blood sample needs to reach the laboratory within 30 minutes of being taken. This urine test can be done at home, making it more convenient for you and it is not an invasive test.

## What if I don't have the test?

If you feel that you do not want this test you can decide against it. However, this may prevent accurate diagnosis of your condition and affect your future treatment. If you do decide against the test please inform your nurse or doctor.