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MICROALBUMIN TEST

The Urinary microalbumin test is a test for early indication of kidney damage. Healthy Kidneys filter waste products from your blood and send them out of your body via urine. Diabetes and high blood pressure can damage this delicate filtering system. The Urinary microalbumin test can detect this damage at the earliest possible stages. Prompt treatment can help prevent kidney failure.

When is the test ordered?

It is recommended that everyone with diabetes between 12 and 70 years of age has a urine test for microalbumin at least once a year.

Earlier any kidney problems were detected. The sooner you can begin treatment.

Preparation:

Some people might need to temporarily stop taking specific drugs that could interfere with the test results, but you can eat and drink (except alcohol) normally before the test. The test simply needs you to provide a fresh sample of urine.

Normal Ranges:

Normal	**Less than 30mg/L**
Microalbuminuria: (early kidney disease	30-300mg/L
Microalbuminuria: (more advanced kidney disease)	More than 300 mg/L
Turn Around Time (TAT)	7 Days

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Interpretation of the results:

- Moderately increased albumin levels found in both initial and repeat urine tests indicate that a person is likely to be at an early phase of developing kidney disease.
- Very high levels are an indication that kidney disease is present in a more severe form.
- Undetectable levels are an indication that kidney function is normal.

Frequency of The Test:

How often you need micro-albumin test depends on any underlying conditions and your risk of kidney damage.

- **Type 1 diabetes**- if you have type 1 diabetes, your doctor may recommend a microalbumin test once a year after five years of your diagnosis.
- **Type 2 diabetes**- if you have type 2 diabetes, your doctor may recommend a microalbumin test once a year beginning immediately after your diagnosis.
- **High Blood Pressure** – if you have high blood pressure your doctor may recommend regular microalbumin tests. The optimal screening schedule varies, so ask your doctor what's best for you if your urinary microalbumin level is elevated, your doctor may recommend more frequent testing.

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