

Urine Checks

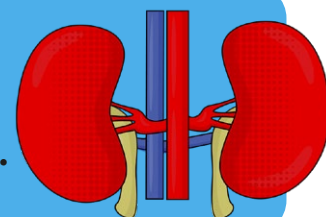
If you're 12 years or older, you'll be asked to give a urine sample as part of your annual check when you arrive at the clinic, so try not to empty your bladder straight away. You'll be able to fill your sample pot while waiting between checks.



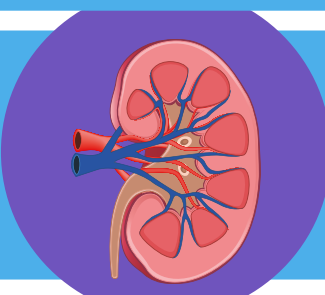
Some young people feel a bit uncomfortable about giving a sample, but it's very common. Lots of people leave urine samples when they come to hospital – it's just part of looking after your health.

Why is it important?

Kidneys are at risk with diabetes and urine tests are important so your diabetes team can see how well your kidneys are working. One of the main jobs of your kidneys is to filter your blood. Your body gets rid of the extra fluid and waste products from the kidneys through your urine. This is how they can check the health of your kidneys.

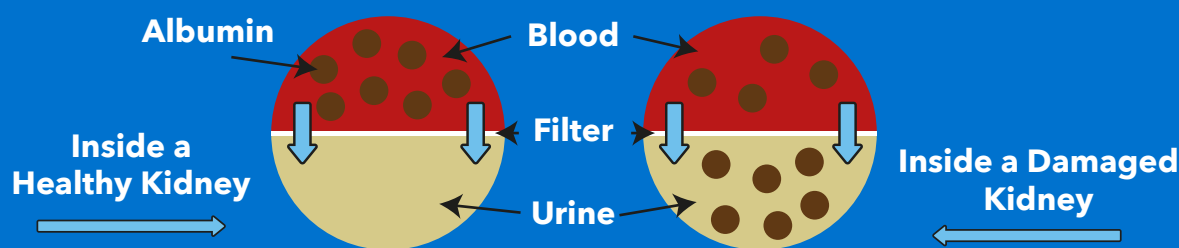


High glucose levels over time can damage the blood vessels and tiny filters in your kidneys.



Damaged blood vessels and filters can cause the kidneys to leak and not work as effectively.

When this happens a protein called albumin goes into your urine.



Your urine sample will be sent off to the laboratory, where it will be tested for traces of albumin. The urine sample is not tested for anything else. If albumin is present in your sample, your kidneys may not be working as well as they should and you may be at risk of future kidney damage. If found early though, these complications can be prevented.

You can reduce the risk of future complications by:

Eating healthy food and keeping active to help manage your glucose levels.

Making sure you attend all your annual checks.

Keeping glucose levels in your target range as much as possible.