

HOW TO READ YOUR KIDNEY TEST

Fact Sheet

The purpose of this sheet is to explain the main factors that will help you better understand your kidney test.



URINARY ALBUMINURIA

URINE ALBUMIN-CREATININE RATIO

Normal: less than 30 mg/24h

This test measures the amount of a protein called albumin in the urine over a 24-hour period. Small amounts of albumin are normally present in the urine, but too much can be a sign of kidney or vascular problems.

This test measures the health of your kidneys and allows for early detection of any abnormalities.



GLOMERULAR FILTRATION RATE (GFR)

Normal: greater than 90 mL/min/1.73m²

Measures the kidneys' capacity to filter blood. Normal values indicate good kidney function. Regular monitoring is important to detect kidney failure.



CREATININE LEVELS

Normal: 0.6-1.2 mg/dL.

Normal values vary based on age, sex and muscle mass

This measures the waste product from muscle breakdown that is eliminated by the kidneys. This is an important indicator of how well your kidneys are working.



URINE ALBUMIN-CREATININE RATIO

Normal: less than 30 mg/g

This ratio assesses albuminuria more accurately by correcting for variations due to urine concentration.

This test measures the health of your kidneys and allows for early detection of any abnormalities.



Agir pour
le Cœur
des Femmes

Women's Cardiovascular Healthcare Foundation

