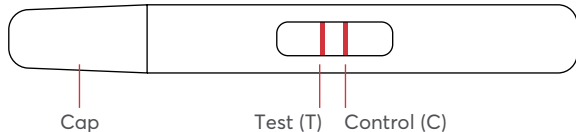


Kidney Health Self-Test

At-home self-test to detect increased levels of albumin in urine, as an indicator of chronic kidney disease.

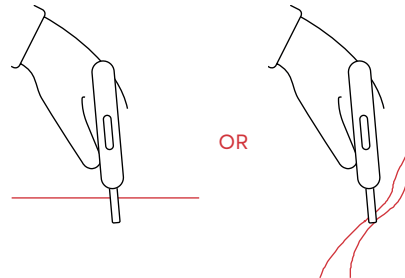
- 1 Remove the cap and place the absorbent tip in your urine stream or in a collected urine sample for 10-15 seconds.
- 2 Remove the tip from the urine, replace the cap and place the test stick on a flat surface.
- 3 After 3 minutes, your result can be read. Do not interpret the results after 10 minutes.



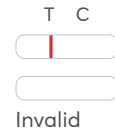
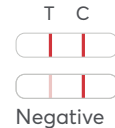
The Kidney Health test detects very small increases in the level of blood protein (albumin) in urine. This is known as microalbuminuria - MAU - which occurs when the kidney leaks small amounts of albumin into the urine. Increased excretion of albumin is used to detect early signs of kidney damage in people who are at risk of developing kidney disease, such as those with diabetes or high blood pressure.

Healthy kidneys filter waste from your blood and retain the healthy components, including proteins such as albumin. Kidney damage can cause proteins to leak through your kidneys and exit your body in your urine. Albumin is one of the first proteins to leak when kidneys become damaged.

When your kidneys are damaged, waste products and fluid can build up in your body. That can cause swelling in your ankles, nausea, weakness, poor sleep, and shortness of breath. Without treatment, the damage can get worse and your kidneys may eventually stop working. That's serious, and it can be life-threatening.



Read results at 3-5 mins.



Next steps guidance

A positive result indicates the presence of elevated levels of albumin in the urine which serves as a possible indication of kidney damage. As it is not possible to repair damage that has already occurred to your kidneys, it's important to prevent further damage in order to reduce your risk of other health problems. Consult with your physician to discuss clinical treatment.

The below advice includes steps to help alleviate symptoms and discomfort:

Eat a healthy diet

A healthy, balanced diet can help improve your general health and reduce your risk of developing further problems. You may also be given advice about dietary changes that can specifically help with kidney disease, such as limiting the amount of potassium or phosphate in your diet.

Limit your alcohol consumption

You may still be able to consume alcohol if you have kidney disease, but it's advisable not to exceed the recommended limit of more than 14 alcohol units a week.

Get vaccinated

Kidney disease can put a significant strain on your body and make you more vulnerable to infections. Everyone with the condition is encouraged to have the annual flu jab and the one-off pneumococcal vaccination.

Exercise regularly

If you have mild to moderate kidney damage, your ability to exercise should not be impacted. If your condition is more advanced, or you're already on dialysis, your ability to exercise is likely to be reduced and you may become breathless and tired more quickly so take care to start slowly and build up gradually. Check with your doctor before beginning a new exercise programme.

Stop smoking

If you smoke, stopping smoking can improve your overall health and reduce your risk of many other health problems.

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