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Diabetes and your health

Tests for kidney health



It’s important to know whether your kidneys are working the way they should.

People with diabetes should get their kidneys checked at least once a year. Ask your healthcare provider about tests to check your kidney health.

How diabetes may affect your kidneys

High blood pressure may damage the blood vessels of the kidneys, making your kidneys work harder. Over time, the kidneys are less able to filter waste from your blood causing a protein called albumin leak from the blood into the urine. This is called albuminuria (al-BYOO-mih-NOOR-ee-ah).

Kidney disease cannot always be stopped, but when found early, there may be treatments to slow down the damage. It’s important to have your kidneys checked at least once a year or as often as your healthcare provider recommends.

Checking for kidney health

Your healthcare provider can track your kidney health using different types of tests, such as:

Name of test	What it does
Urine albumin test (UACR) (also called *a urine albumin-to-creatinine ratio*)	Checks for small amounts of protein, called *albumin*, in your urine. This could indicate that your kidneys are at risk.
Serum creatinine (SEE-rum kree-AT-ih-neen)	• Checks for creatinine in the blood. • Checks for a waste product in the blood called creatinine. Normally, the kidneys filter it from the blood. When the kidneys don’t work or filter like they should, your blood has too much creatinine.

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Keeping track of your results

Ask your healthcare provider for your test results. Write them down in the charts below or keep track in a calendar or diary. This may help you understand how your kidney health is changing over time.

Name of test	My results	Normal results	What results may mean
Urine albumin test (UACR)	**Date:** _____ **Results:** _____ **mg/g**†	Below 30 mg/g*	A result of 30 mg/g or higher may be a sign of kidney disease.
Serum creatinine test	**Date:** _____ **Results:** _____ **mg/dL**†	**For men:** 0.7 to 1.4 mg/dL **For women:** 0.6 to 1.0 mg/dL	When kidneys aren't working well, creatinine in the blood goes up.

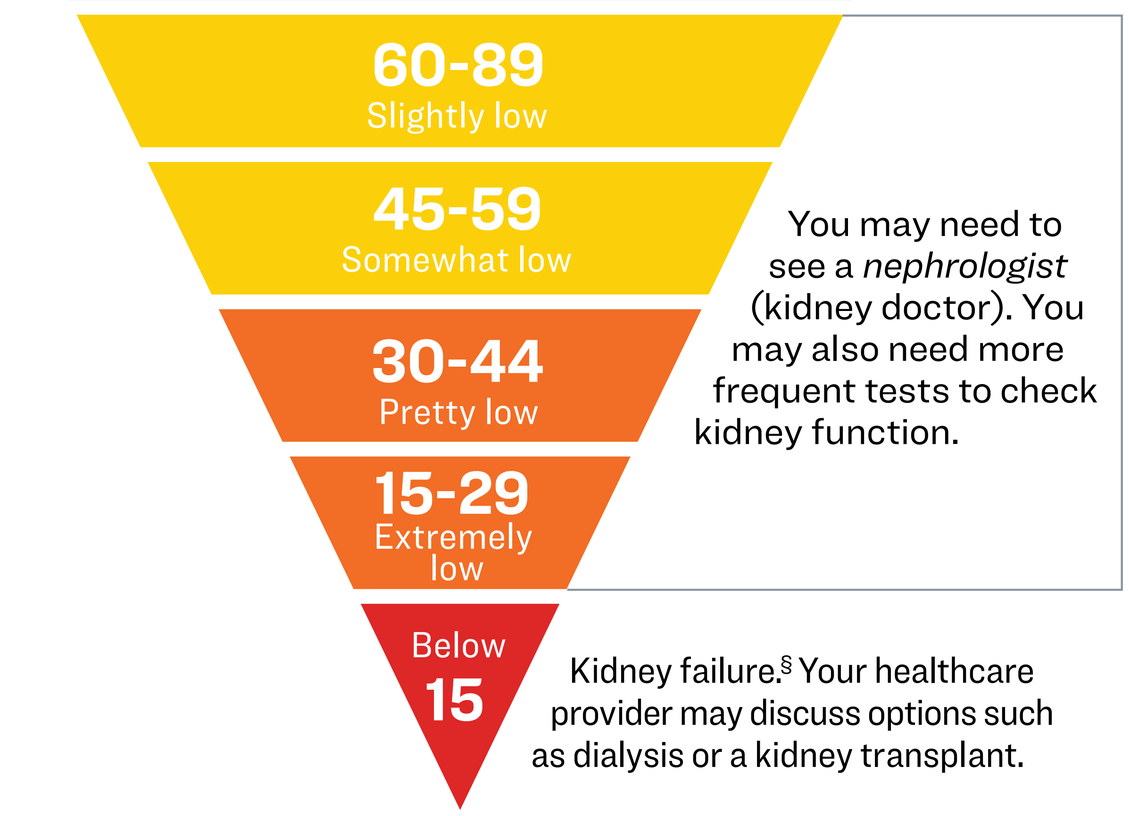
Note: Normal ranges can vary by lab.

*American Diabetes Association 2026 recommendations.
†mg/g means milligrams per gram. mg/dL means milligrams per deciliter.

What is GFR?

GFR stands for glomerular (glo-MEHR-yoo-lur) filtration (fil-TRAY-shun) rate. The GFR helps your healthcare provider understand how well your kidneys are removing waste products from your blood.

What do the GFR‡ numbers mean for kidney function?



My Results

Date: _____ GFR Results: _____

Date: _____ GFR Results: _____

Date: _____ GFR Results: _____

Date: _____ GFR Results: _____

Date: _____ GFR Results: _____

Date: _____ GFR Results: _____

Date: _____ GFR Results: _____

‡The unit of measurement for GFR is mL/min/1.73 m^2 body surface area.
§American Diabetes Association 2026 recommendation.

To learn more, visit the National Kidney Foundation at **www.kidney.org** or call **(800) 622-9010**.

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