What is Protein in the Urine (Proteinuria)?

- Normally, protein isn’t found in the urine. If you have protein in your urine it’s called proteinuria.
- If you have protein in the urine, it could be temporary or continuously present.
- If protein is found in your urine, it can be caused by kidney disease or other medical conditions such as diabetes and high blood pressure.
- Most people will have no signs or symptoms of protein in their urine.

How will my health care professional diagnose protein in my urine from diabetes?

- Checking for protein in your urine with a urine albumin-to-creatinine ratio (UACR) test
- Possible further testing may be needed

Can protein in my urine from kidney disease be treated?

Yes, this could include:
- Healthy lifestyle changes
- Blood glucose control
- Blood pressure control
- Possibly medications

Learn more at diabetes.org | 1-800-DIABETES (1-800-342-2383)
American Diabetes Association® (ADA)