



Module 7 – Understanding Kidney Lab Tests

Urine Test Family: Measures the presence of protein and wastes in my urine		
Name of Test	Target Range	Record Tests
Urine hemoglobin (Heme)	None	Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____
Creatinine clearance	<ul style="list-style-type: none"> • Men: 97 to 137 mL/min/1.73 m² • Women: 88 to 128 mL/min/1.73 m² 	Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____
Urine albumin	<ul style="list-style-type: none"> • 10 to 140 mg/L, or less than 30 mg/L in 24 hours 	Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____
Micro-albuminuria	<ul style="list-style-type: none"> • Less than 12mg/L 	Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____
Albumin-to-creatinine ratio	<ul style="list-style-type: none"> • Normal: <17 mg/g (men) <25 mg/g (women) • Microalbuminuria: 17 to 250 mg/g (men) 25 to 355 mg/g (women) • Albuminuria: >250 mg/g (men) >355 mg/g (women) 	Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____ Date: _____ Level: _____