Protein (Urine) (UPROT)

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TEST OVERVIEW

Test Name	Protein (Urine)
Test Code	UPROT
Short Description	Protein (Urine)

OVERVIEW

Test Name	Protein (Urine)
Test Code	UPROT
Category	Urine Biochemistry
TAT	Main Lab: 4, Hour(s) Family Site: <4hrs, <5hrs
Specimen(s)	1 x Urine - 20 mL Sterile Urine container - Red - Urine Random No Preservative

SPECIMEN(S)

Urine Random No Preservative

Specimen Type	Urine Random No Preservative
Specimen Format	Sterile Urine container
Specimen Colour	Red
Specimen Volume	20 mL
Sampling Order	0
Origin	Urine
Collection time after baseline	-
Transport Temperature	15-25°C
Accepted Other Specimens	Not Applicable
TAT	Main Lab: 4, Hour(s)

	Family Site: <4hrs, <5hrs
Test Stability	Room Temp: 24 Hour(s) 2–8°C: 7 Day(s)

CLINICAL INFORMATION

Protein urine

Methodology	-
Specimen Type	Urine Random No Preservative
Delay before pre-treatment	-
Transport Temperature	15-25°C
Transport Stability at room temp	24 Hours
Transport Stability at 2–8°C	7 Day
Haemolysis interference	No

Clinical Interest

The **Urine protein assay** is a diagnostic tool used to assess kidney function, detect kidney damage and monitor various medical conditions that can affect the kidneys. Proteins are generally retained in the bloodstream and normally absent or in very small quantities in the urine.

Conditions such as glomerulonephritis, diabetic nephropathy, hypertensive nephrosclerosis and polycystic kidney disease can lead to **increased proteinuria**. Early detection can lead to rapid intervention and better management of kidney disease.

In patients with established renal disease, urinary protein assays are used to monitor the effectiveness of treatment.

A decrease in urine protein levels may indicate that the treatment is working, while an increase in levels may indicate the need for more aggressive or alternative therapies.

Proteinuria is a key diagnostic criterion for **pre-eclampsia**, a potentially serious condition during pregnancy characterised by high blood pressure and damage to other organs, often the kidneys. Regular urine protein testing in pregnant women is essential for the early detection and management of pre-eclampsia to prevent complications for both mother and baby.

Instead of collecting 24-hour urine, the urine protein to creatinine ratio (UPCR) is often used to estimate the amount of protein excreted in the urine. This ratio is a practical and reliable method of quantifying proteinuria and is particularly useful in outpatient settings.

PATIENT INFORMATION

Clinical Information Required	-
Patient Collection Notes	
	Avoid collecting samples within 24 hours of intense exercise, which may falsely increase protein excretion.

COMMENTS & NOTES

LOINC Code	88-6, 2888-6
Outwork	No