

Urine Testing in Diabetes (1 of 2)

What is it for?

Urine testing can be a useful way of monitoring your diabetes control especially when treatment is with diet or tablets. Each day the level of sugar (glucose) in the blood will vary according to what you have eaten and how much exercise you do.

Why do I do it?

When the blood sugar level is high the kidneys cannot keep in all the sugar and it leaks into the urine.

The precise blood level will vary from person to person but is usually about 10-12 mmol/l. We can use urine testing to roughly tell how high your sugar levels are.

How do I do it?

Urine testing is quite easy. Follow the instructions on the bottle. Usually you dip the stick in the urine and read off the level from the scale on the bottle.

When do I do it?

It is usually sufficient to test 2-3 times a week, first thing in the morning and 2 hours after the main meal. We should aim for all or most tests to be negative. If most of the tests are positive your sugar levels are likely to be high. You may feel unwell, be thirsty and pass more urine. You will notice the urine tests become positive if you overeat or are unwell.

Urine tests are useful because you can tell when your sugar levels are good (tests negative) and spot if things are going wrong (more tests become positive).

Sometimes it is useful to have more accurate information for instance for those on treatment with insulin and your doctor might recommend blood testing. Your doctor will monitor your overall sugar control with another blood test HbA1c.

Contact: Dr Martin Smith
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If you need this information in another language or medium (audio, large print, etc) please contact the Patient Advice and Liaison Service (PALS) on 0800 374 208 email: palservice@salisbury.nhs.uk

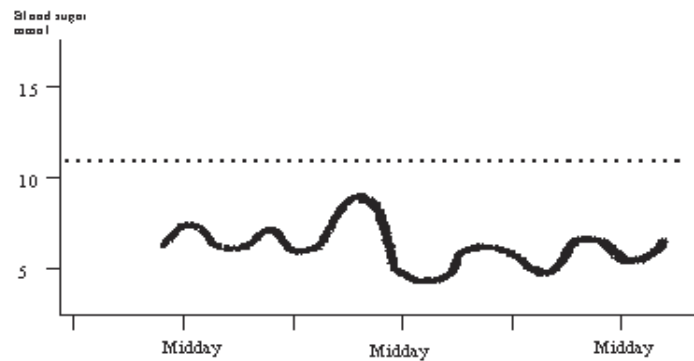
You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the Data Protection Act 1998.

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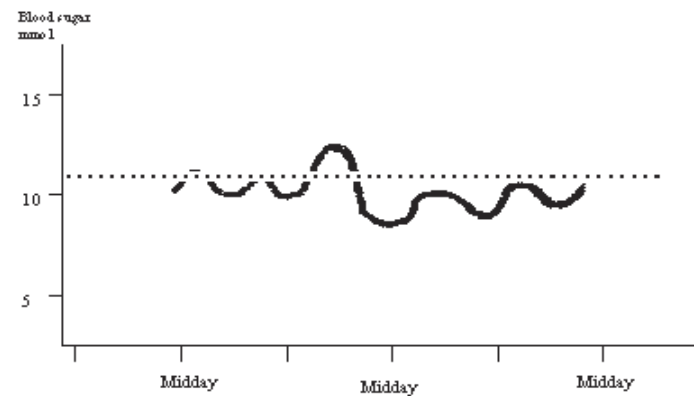
Urine Testing in Diabetes (2 of 2)

Good blood sugar control



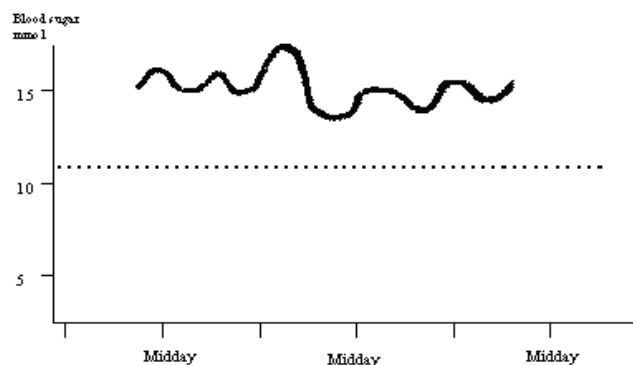
Urine tests	Neg	Neg	Neg	Neg
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Average blood sugar control



Urine tests	+	++	Neg	Neg
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Poor blood sugar control



Urine tests	+++	+++	++	++
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