

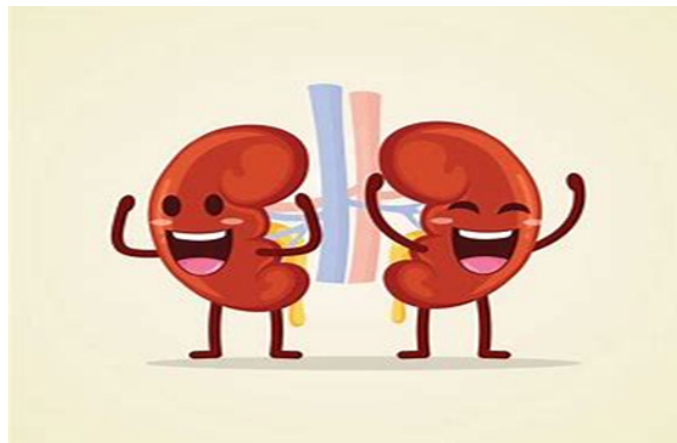
# Why are you always asked for urine samples when you have diabetes?

## Well, here's the thing:

- The early stages of chronic kidney disease are often symptomless.
- Diabetes is the most common cause of end stage kidney failure.
- Diabetes and chronic kidney disease are linked with cardiovascular disease.

Did you know that your kidneys filter 240 – 300 pints of blood a day to produce 2 - 4 pints of urine, removing waste products from your body.

They help to balance the fluids in your body and they release hormones that regulate your blood pressure. They also produce an active form of vitamin D that helps to promote strong, healthy bones and they control the production of red blood cells.



By giving a sample of your urine to your diabetes team, spotting kidney changes early, often means things can be put in place to prevent them getting worse like an 'early warning system', that's why the diabetes annual review is so important.

- Early morning sample is best but any time of day is better than none!
- Make sure your name and date of birth is on the sample pot (NHS number if you have it)
- Samples can be dropped off to your GP surgery specimen box or at your appointment with the NEEDS team.