

## What is it?

Proteinuria is the medical name for protein in the urine. There is usually a small amount of protein in the urine but too much means there may be damage, or disease, in your kidneys.

Proteinuria is often caused by another condition, such as diabetes or hypertension. It also occurs during pregnancy. The things that cause proteinuria are sometimes called 'silent' diseases because you may feel fine, but your condition could be declining.

## What will my GP do now?

Your GP will ask questions, and order tests, to help find out what is causing the proteinuria. Your GP may:

- Take your blood pressure and order blood and urine tests
- Refer you for further investigations, such as an ultrasound of your kidneys

Your treatment plan will depend on what is causing your proteinuria. Depending on the cause and how much protein is in your urine, your GP may prescribe medication and recommend eating a low salt diet, maintaining a healthy weight, moving more and quitting smoking.

## What will my GP do in the future?

Your GP will arrange further appointments to treat the underlying condition. This may include blood pressure tests, blood and urine tests, medication adjustment, or a specialist referral if your condition is not improving.

## What can I do?

Keep all your appointments with your GP, even if you feel well. Your GP may recommend certain types of regular activity to suit your circumstances.

Follow any dietary changes recommended by your GP, and take any medication as prescribed. If, at any time, you feel unwell, phone your GP.

## What questions could I ask my doctor?

- What causes proteinuria?
- Do I need to see a specialist?
- Do I need to take medication?
- Am I at risk of other complications?



## What supports are available?

Your GP may refer you to one of the South Western Sydney Local Health District Renal Clinics. These are based at Bankstown, Campbelltown, Fairfield and Liverpool hospitals. These clinics can also refer you for mental health and dietetics (nutrition) support.

## Where can I learn more?

- **Better Health Channel** – kidneys: [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)
- **Lab Tests Online** – proteinuria: [labtestsonline.org.au](http://labtestsonline.org.au)