Table 1

Essential initial investigations for proteinuria

Investigation	Rationale
Urinalysis	Presence of blood could suggest a nephritic process; leucocytes and nitrites associated with UTI
Urinary albumin:creatinine ratio (ACR) or protein:creatinine ratio (PCR)	To quantify proteinuria. Can be sent on a spot sample of urine, preferably morning
Urea and electrolytes	New onset renal dysfunction necessitates urgent nephrology referral
Serum albumin and calcium (bone profile)	● Hypoalbuminaemia (serum albumin <30 g/L) along with oedema and urinary protein >3.5 g/day is diagnostic of the nephrotic syndrome ● Hypercalcaemia suggests proteinuria is associated with myeloma or other malignancy
Full blood count	Anaemia may suggest a systemic disorder Elevated white cell counts in infection
Blood glucose	To exclude diabetes