Table 2

Comparison of methods to measure proteinuria

	Urine dipstick	ACR mg/mmol	PCR mg/mmol	24 hr collection
Normal	nil	<3	<5	<0.15 g
Microalbuminuria	nil or trace	3-30	5-50	<0.5 g
Proteinuria	+ or ++ 0.3-1 g/L	70	100	1 g
	++ or +++ 1-3 g/L	70-200	100-350	1-3.5 g
Nephrotic range proteinuria	+++ or ++++ 3-20 g/L	>200	>350	>3.5 g
Comments	● Qualitative ● Easy to use ● Can detect blood, glucose, nitrites ● Cannot detect microalbuminuria	● Quantitative ● Measures albumin excretion ● Total proteinuria underestimated if proteins other than albumin present	● Quantitative ● Measures all urinary proteins ● Divide PCR by 100 to derive proteinuria in grams	● Gold standard ● Cumbersome ● Relies on appropriate collection techniques