

**BLOOD SCIENCES
DEPARTMENT OF CLINICAL BIOCHEMISTRY**

Title of Document: *Urine C peptide creatinine ratio*
Q Pulse Reference N^o: BS/CB/DCB/EN/9
Authoriser: Leila Cornes

Version N^o: 6
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Urine C peptide creatinine ratio (UCPCR)

Urine c peptide creatinine ratio (UCPCR) is mainly to be used in patients on insulin treatment, to assess endogenous insulin secretion. Its role in patients not on insulin is limited. If the result of UCPCR is out of keeping with other clinical findings then a repeat test is recommended, especially if the result is unexpectedly low. Patients with a high endogenous secretion >25th centile are likely to be those that benefit most from metformin/other oral agents.

Most of the studies have been performed in patients with normal renal function (eGFR >60 mL/min/1.73 m²) but it has been validated in patients with Type 2 diabetes with moderate renal impairment (eGFR 30-60 mL/min/1.73 m²). The test is unlikely to be appropriate in patients with severe renal impairment.

Further information can be found at:

<https://www.exeterlaboratory.com/test/c-peptide-urine/>

Requesting UCPCR

Sample Type: Urine collected in boric acid container (MSU pot).

Note if sample is collected into a plain container and received within 24 hours, it can be transferred into a boric acid container, frozen and sent for analysis. If received in a plain container >24 hours after collection, the sample will be rejected.

Sample Collection: 2 hours after eating largest meal of the day, having emptied their bladder before eating (see appendix instruction sheet).

Sample Stability: 3 days at room temperature.

Sample Labelling: Please label all samples with the patient's name, date of birth and NHS number.

Sample test code: UCP

Target Report Time: 5 days

Samples should be posted on the same day of collection via your local laboratory to: Clinical Chemistry Area A2, Royal Devon & Exeter Hospital, Barrack Road, Exeter EX2 5DW UK

Further information can be found at www.assayfinder.com or by contacting Tim McDonald-

Email: timothy.mcdonald@nhs.net or Tel: 01392 402935

Appendix 1 : Patient information

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**INSTRUCTIONS FOR THE COLLECTION OF URINE SAMPLE FOR URINE C-PEPTIDE
CREATININE RATIO (UCPCR) ANALYSIS**

1. Please pass urine just before your biggest meal of the day and discard.
2. Eat your meal as usual with a glass or more of water.
3. Do not eat or drink anything else for the next 2 hours unless you have a hypoglycaemic attack ('go hypo'), in which case you should do this test on another day).
4. Do not pass urine until 2 hours after this meal.
5. **2 hours after this meal, please go to the toilet and pass some urine into the pot with the red top provided.** Screw the lid on securely.
6. Write the date and time the sample was collected on the bottle.