

**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: 4
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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. Its role in patients not on insulin is limited. The principal role of urinary C-peptide is to identify insulin insufficiency, a feature of long term Type 1 diabetes, in insulin treated patients.

Patients with a high endogenous secretion >25th centile are likely be those that benefit most from metformin and other oral agents. Further information can be found at:

<http://www.diabetesgenes.org/content/urine-c-peptide-creatinine-ratio>

Requesting UCPCR

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

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

Report Address: Please complete the UCPCR Requestor form (see appendix).

Target Report Time: 5 days

Cost: £10.50

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

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Appendix1 : Patient information

**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.