

Albumin Blood Test

KEY POINTS

- This blood test measures a protein called albumin that is made by the liver.
 - This test is done to check for problems with your liver or kidneys, or for problems being able to digest and absorb nutrients from your food.
 - Follow your healthcare provider's instructions about eating, drinking, and exercising before the test.
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What is the albumin blood test?

This blood test measures a protein called albumin that is made by the liver. Albumin helps:

- Keep fluid in the blood from leaking out of blood vessels
- Carry calcium, hormones, medicines, and other substances through the blood
- Get rid of extra fluid and grow and repair tissues

Why is this test done?

This test is done to check for problems with your liver or kidneys, or for problems being able to digest and absorb nutrients from your food.

The albumin test may help diagnose and treat a medical problem you are having. It does not diagnose a specific problem, but it can help your healthcare provider know what other tests you might need. It's also a way to see how well treatments for certain diseases are working.

The albumin test is often done with other tests such as a urine albumin test, liver panel, creatinine test, or blood urea nitrogen (BUN) test as part of a physical exam or before you have surgery.

How do I prepare for this test?

- You may need to avoid taking certain medicines before the test because they might affect the test result. Make sure your healthcare provider knows about any medicines, herbs, or supplements that you are taking. Ask your provider before stopping any of your regular medicines.
- Talk to your healthcare provider if you have any questions about the test.

How is the test done?

Having this test will take just a few minutes. A small amount of blood is taken from a vein in your arm with a needle. The blood is collected in tubes and sent to a lab.

Ask your healthcare provider when and how you will get the result of your test.

What do the test results mean?

Your albumin level may be **higher than normal** if you are dehydrated.

Your albumin level may be **lower than normal** if you have:

- Kidney disease
- Liver disease
- Diabetes, cancer, or another long-term disease
- Low levels of thyroid hormones (hypothyroidism)
- Burns or an infection
- Malnutrition or an intestinal problem such as Crohn's disease or celiac disease

What if my test result is not normal?

Test results are only one part of a larger picture that takes into account your medical history, physical exam, and current health. Sometimes a test needs to be repeated to check the first result. Talk to your healthcare provider about your result and ask questions, such as:

- Whether you need more tests
- What kind of treatment you might need
- What lifestyle, diet, or other changes you might need to make

This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.

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