

Urine Protein - Normal Orthostatic Type

Definition

- Normally, there's not much protein in the urine.
- Sometimes teens can have protein in their urine after standing a long time.
- The medical name for this condition is orthostatic proteinuria. It's also called postural proteinuria.
- This medical diagnosis was made by a doctor after seeing your child.

Health Information

Symptoms

- Children with orthostatic proteinuria are healthy.
- They do not have any symptoms.
- Children with proteinuria from kidney disease have other symptoms. Your doctor checked for these.

Causes

- The high protein in your child's urine is a normal finding called orthostatic proteinuria. The protein is from standing too long.
- The first urine after getting up in the morning won't have protein. Protein appears later in the day after being upright a long time.
- Frequency: up to 5% of teens have orthostatic proteinuria. It's more common in boys. This type occurs every day.
- Vigorous exercise, fever or dehydration can also cause protein in the urine. It's normal and can happen to anyone. It's called transient proteinuria because it goes away quickly.

Medical Diagnosis: How It is Made

- Only a doctor should make a diagnosis of orthostatic proteinuria.
- It's based on a complete medical history and physical exam.
- Your doctor will check a sample of your child's first morning urine. If it has no protein, the diagnosis is confirmed.

Care Advice

1. Key Points

- Up to 5% of teens get protein in their urine when standing for a long time.
- Everyone can get protein in their urine with exercise, fever or dehydration.
- Protein in the urine from these causes is normal. It will go away on its own.
- Here is some home care advice that should help.

2. No Special Treatment Needed

- Orthostatic proteinuria is not harmful. It doesn't need treatment.
- No changes in diet or activity are needed.
- It does not relate to how much protein you eat.

3. **Stay Hydrated**

- Drink plenty of clear fluids when exercising.
- The body also needs more fluids when it has a fever to fight infection.
- Urine color is a good way to check hydration. If urine is light yellow or clear, you are well hydrated.

4. **What to Expect**

- Orthostatic proteinuria will go away on its own. This happens as your child grows older, most often in their twenties. Children with orthostatic proteinuria have healthy kidneys.
- Transient proteinuria from exercise, fever or dehydration goes away quickly. It is normal and will not hurt the kidneys.

Call Your Doctor If

- Swelling around the eyes, ankles or feet occurs.
- You think your child needs to be seen.
- You have other questions or concerns.

Pediatric Care Advice

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