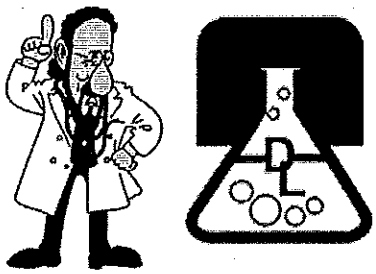

Toxicology Topics

Preventing a High Creatinine Specimen

Creatinine is a blood chemical waste product generated when you use your muscles. Eating lots of protein may also produce small amounts.

Your bloodstream transports creatinine to your kidneys, where your body filters it out through your urine. But if your kidneys aren't working properly, the level of creatinine in your blood can build up. This can lead to uremia, a life-threatening disorder.

Your body needs clean blood to function optimally. The best way to lower your creatinine levels is to treat the underlying cause.

1. **Cut back on vigorous exercise.** Exercise is usually a good thing, but overdoing it may spike your creatinine levels. Since muscle metabolism produces creatinine, overusing muscle groups through strenuous activity might raise levels.
2. **Don't take supplements (workout supplements, vitamins, shakes, powders, energy drinks, etc)** as they may contain ingredients that will increase creatinine levels. Please see a staff member if you have any questions or concerns. It is your responsibility to have it approved by a staff member prior to consumption.
3. **Reduce your protein intake.** Research shows eating large amounts of protein can increase creatinine levels, at least temporarily. Cooked red meat in particular can affect creatinine. The heat from cooking causes creatinine found in meat to produce creatinine.

It is the responsibility of the donor to provide an adequate specimen as part to the process. Failure to provide an adequate specimen may result in this being considered a refusal to provide a specimen.