



Choose for your health. Do the NierCheck!

1,7
MILJOEN

In the Netherlands, there are approximately 1.7 million people with chronic kidney disease

50%

Almost 50% of these men and women are not aware that they have chronic kidney disease

45+
JAAR

People aged 45 years and older have a higher risk to develop chronic kidney disease



People with chronic kidney disease have a higher risk of developing cardiovascular disease

Why do the NierCheck?

The NierCheck (kidney check) tests whether there is too much protein in your urine. This is a sign of (starting) kidney damage. Next to kidney damage, high blood pressure, high cholesterol, or high blood sugar might be present. By early detecting kidney damage, it can be treated earlier. This can prevent further damage to the kidneys, heart and blood vessels.

Participating in this research is free. It is carried out by:

AmphiA



umcg


NIERSTICHTING

NIER CHECK

Do not take the test in case of:

- Fever
- Urinary tract infection
- Exercising intensively the day before

For women in case you are:

- Pregnant
- Menstruating

Important before you start:

- Use morning urine for the test
- First pee a bit and then use the next urine for the test

Bu bilgiye Türkçe olarak ulaşabilirsiniz:
Deze informatie is in het Nederlands beschikbaar op:

هذه المعلومات متوفرة باللغة العربية على الموقع التالي:

www.niercheck.nl/vertalingen

How does it work?



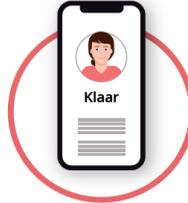
Step 1

Download the NierCheck app from the App Store or Google Play*



Step 2

Open the app and follow the instructions



Ready!

You will see the test result directly in the app.

** In case you don't know how to download the app, you might ask a friend or family member to help you. If you don't have a smartphone, maybe you can use one from a friend or family member.*

Do you have any questions or do you need help? Look at the website www.niercheck.nl or call us 050-36 13 221