

# Renin aldosterone test for primary aldosteronism

## Information for patients

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Your doctor has asked for us to arrange a test to see if you might be producing too much aldosterone (a hormone which increases blood pressure). If you cannot attend for the blood test, please let us know so that we can arrange a more convenient time.

### **What should I do to prepare for the test?**

Some blood pressure medications can make this test difficult to interpret and your endocrinologist should have told you which medications should be stopped (usually 4 weeks before testing) and if an alternative blood pressure tablet should be started. We may ask you to measure your blood pressure at home in case the new medication needs the dose adjusting.

You may be trying to avoid salt in your diet to help to reduce your blood pressure, but you should include salt in your food for three days before the test.

We will usually arrange a blood test to check your potassium level about a week prior to the test but we may check this on the day if this is not possible.

### **What happens during the test?**

A blood test will be taken once you have been sitting resting in the department for 15 minutes.

### **Are there any risks for me?**

If blood pressure medications need to be changed ahead of the test you may find your blood pressure is higher than usual. Your doctor will let you know if you need to take any different medication to help with this.

### **When will I get my results?**

The results of the blood test may take 2-3 weeks to be processed, and you should hear from your endocrinologist once the results have returned. We may need to do further testing to confirm if your aldosterone levels are high.