

## Patient information factsheet

# Renin and aldosterone test

Your doctor has recommended that you have a renin and aldosterone test to check your adrenal glands.

We hope this factsheet helps to answer some of the questions you may have about the test. If you have further questions or worries, please speak to your healthcare team.

### What is a renin and aldosterone test?

A renin and aldosterone test is a blood test which takes no more than 30 minutes.

In the test, our endocrine nurse specialist will take a sample of your blood. They will ask you to sit upright for at least 15 minutes.

This test helps us to find out whether your high blood pressure is caused by the adrenal glands.

The adrenal glands are at the top of the kidneys and are responsible for producing the hormone 'aldosterone'. Aldosterone is a steroid hormone that regulates your blood pressure. When your blood pressure is low, an enzyme called renin is released by your kidneys to help increase your blood pressure. Aldosterone and renin work together to keep your blood pressure balanced.

### Before your test

- Your doctor will advise you to temporarily stop certain blood pressure medications for at least four weeks before the test, as these can interfere with the result. They will give you an alternative medication to control your blood pressure.
- You should also temporarily stop any non-steroidal anti-inflammatory medications (NSAIDs) such as Ibuprofen, Naproxen, Diclofenac, Meloxicam etc.
- Do not eat liquorice for at least a week before the test, as this can interfere with the result.
- We will also need to check the potassium level in your blood before this test, as you may need potassium replacement if the level is low.

### After your test

When the nurse specialist has taken the blood sample, you will be able to go home. You can then carry on with your usual medications as normal.

### Side effects

You should not experience any side effects.

### Results

We will let you know your results by letter or phone, or at your next clinic appointment. We will also send a letter to your GP. It can take up to three weeks to receive your results.

# Patient information factsheet

## Contact us

Please contact the endocrine nurse specialist if you would like more information or if there is anything you do not understand.

## Endocrine nurse specialist

Telephone: **023 8120 4710**, Monday to Friday 8.30am to 4pm (Please use the answerphone service out-of-hours or if the nurse specialist is unavailable).

Email: [endocrinenurse@uhs.nhs.uk](mailto:endocrinenurse@uhs.nhs.uk)

## Useful links

NHS website

[www.nhs.uk/conditions/high-blood-pressure-hypertension/](http://www.nhs.uk/conditions/high-blood-pressure-hypertension/)

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email [patientsupporthub@uhs.nhs.uk](mailto:patientsupporthub@uhs.nhs.uk)

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)