

Plasma Renin & Aldosterone Blood Test

What is a Plasma Renin & Aldosterone Blood Test?

This is a simple blood test to measure your renin and aldosterone levels in your blood.

Why would I need this procedure?

Aldosterone is produced by the adrenal glands which sit above the kidneys. Aldosterone is a steroid hormone that regulates your potassium and sodium levels as well as your overall blood volume. Aldosterone and renin work together to balance the fluid volume in your body. High levels of aldosterone can result from a condition called primary hyperaldosteronism (PA) also known as Conn's syndrome. This can lead to a range of other health conditions.

What are the symptoms that have led to me having this procedure?

High blood pressure with low potassium.

Other symptoms may include:

- Excessive thirst.
- Fatigue.
- Frequent urination.
- Headache.
- Muscle cramps.
- Visual disturbances.
- Weakness or tingling.

What are the alternatives?

There are no recommended alternatives to this test.

What are the expected benefits of having the test?

This test will help your doctor rule out hyperaldosteronism or Conn's syndrome. Also, to ensure that there is no over secretion of your renin and aldosterone hormones especially if you have a growth in your adrenal glands.

What are the potential risks and side effects?

There are no reported side effects for this test unless, a change on blood pressure / water tablets is needed, you may experience inconsistent blood pressure readings. In this case, speak with your endocrine team for alternatives.

If you are pregnant or think you may be, please let your specialist endocrine nurse know prior to your appointment on the number below.

Preparation for your test

- You may be advised to temporarily stop some blood pressure medications and/or water tablets for at least 2 weeks before the test.
- You might be given an alternative blood pressure medication if needed, to control your blood pressure by your GP. (Please contact your clinician to discuss the alternative medication). Your endocrine nurse will keep in touch with you to ensure that your blood pressure is well regulated throughout the course of the alternative medication.
- Refrain from eating Liquorice at least a week before the test.
- You will be able to eat and drink as normal during the test.

What happens during the test?

On arrival, your endocrine nurse will escort you to the investigation room and asked to rest on the bed for 30 minutes. You must turn off your mobile phone. We strongly advise for you to stay still during the 30-minute period to reduce possible interference of the test results. After 30minutes, a blood sample will then be taken from your vein and sent to the lab.

Will I have an anaesthetic?

No

How will I feel afterwards?

This test should not affect your normal activities of daily living.

How long will I be in hospital?

You should expect your stay at the hospital for about an hour. You may bring someone to stay with you during the test but there is not enough space for more than one person.

What should I do when I go home?

In most cases, patients resume their normal activities and continue their normal regime of medications if there were adjustments made.

How soon will I be able to resume normal activities?

In most cases, this test should not affect your normal activities.

Will I have to come back to hospital?

Depending on the test results, further tests may be required.

When can I return to work?

There are no work restrictions involved for this test as in most cases, patients resume their normal activities after the test

Consent

Although you consent for this test, you may at any time withdraw such consent. Please discuss this with your endocrine team.

Sources of information

For queries concerning this leaflet or your procedure please contact:

Endocrine Team at ESHT

Telephone: 0300 131 5910 - EDGH and CQ

Opening Hours: 8am – 4pm (Monday – Friday except Bank Holidays)

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Consultant Endocrinologists (ESHT):

Dr David Till, Dr Umesh Dashora, Dr P. Sathis Kumar, Dr Ashref Bdiri, Dr. Koshy Jacob, Dr Shakeel Ahmad, Dr Sadekh Elrokh

Biochemistry Consultants (ESHT):

Dr Yvette Lolin, Dr Hagosa Abraha, Dr Abd Al Hasan, Dr Indra Ramasamy

Endocrine Specialist Nursing Team (ESHT):

Mrs Maria Ravelo (Senior Endocrine Specialist Nurse)

Miss Angel Johnson (Endocrine Specialist Nurse)

Mrs Debby Gordon (Endocrine Assistant Practitioner)

The Endocrinology Department has agreed this patient information leaflet.

Next review date: February 2025

Responsible clinician/authors: Mrs Maria Ravelo (Senior ESN)
Mr Aldons Chua (TWS ESN)

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk