

Patient information

Plasma Metanephrine Blood Test

What is a Plasma Metanephrine Blood Test?

This is a simple blood test to measure the level of metanephrine hormones (also known as stress hormones / adrenaline –like chemicals) in your blood.

Why would I need this procedure?

The plasma metanephrine test is primarily requested when a doctor wants to rule out the possibility of pheochromocytoma (a very rare tumour of the adrenal gland causing overproduction of metanephrine) or. It is also done to further investigate a person with persistent hypertension (high blood pressure) that is not responding to treatment or recurring symptoms, such as headaches, sweating, flushing, and rapid heart rate. Occasionally, the test may be requested when an adrenal tumour is detected (called adrenal incidentaloma) or when someone has a family history of pheochromocytomas. It may also be used as a monitoring tool when a person has been treated for a previous pheochromocytoma.

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

Symptoms may include:

- Fast heartbeat
- Headaches
- Sweating
- Rise and fall in blood pressure

You also may have fever, chest pain, stomach pain, nausea, vomiting, anxiety, tremors, heat intolerance, and weight loss.

Most pheochromocytomas are not cancer.

What are the alternatives?

There are no alternatives for this test

What are the expected benefits of having the test?

This test will help your doctor rule out if you have a condition called Pheochromocytoma.

What are the potential risks and side effects?

There are no reported side effects for this test.

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

Preparation for your test

Five days before the test, you should **not** take **paracetamol** (this can be taken as normal after your test).

24 hours before the test you should **avoid**:

- anything containing caffeine, including tea, coffee and colas (these can be drunk as normal after the test)
- Exercise
- Smoke or use Nicotine

If you are taking Olanzapine, or similar medication, please contact the endocrine team as this may need to be stopped at least 3 days before the test depending on if it is safe to do so.

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 of rest, 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.

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

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Mrs Maria Ravelo (Senior Endocrine Specialist Nurse)

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The Endocrinology Department has agreed this patient information leaflet.

Next review date: February 2025

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