



University Hospitals Birmingham
NHS Foundation Trust



Clonidine suppression test

– information for patients

Building healthier lives

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www.uhb.nhs.uk/patient-information-leaflets.htm

Your doctor has asked us to coordinate a blood test to measure some very specialised hormones called metanephrines. This involves us giving you a tablet called clonidine and then taking a series of blood samples to see how your body responds to it. The purpose of this is to help us to find out if you are producing excess hormones causing blood pressure to increase, known as phaeochromocytoma.

Preparation for your test

- **You should not have anything to eat from 11pm the night before your test**
- If you are taking any of the following medications, please contact us as you will require special instructions on stopping them for at least 24 hours before this test: alpha blockers such as doxazosin or alfuzosin; beta blockers such as atenolol, bisoprolol, metoprolol, propranolol; amitryptiline, paracetamol and diuretics such as bendroflumethiazide or furosemide
- You should not smoke or consume alcohol for at least 12 hours prior to the test
- Please bring all your usual medications with you to the test. The nurse will document these, and you should be allowed to take your medications at the end of the test
- The test will last for at least 4 hours
- Please come to Endocrine Day Case Unit at 08.30am on the morning of the test
- Children are advised not to attend. However, if this poses a particular problem for you please discuss this with us

What will happen during your test?

- A doctor or nurse will explain the test to you
- You will need to lie down on a bed for the duration of your test
- A nurse will insert a cannula which is a small plastic tube used to take blood samples into a vein in your arm

- You will be given a clonidine tablet. This may cause your blood pressure to drop and you may feel dizzy
- A series of blood samples will be taken over a period of approximately three hours
- We will continue to monitor your blood pressure and heart rate very closely throughout the test
- You will be allowed to eat and drink as normal after the test
- You should be able to undertake normal activities after the test and it should not interfere with your ability to drive home

What will happen after your test?

- You will be able to take your medication as usual immediately after the test
- The result of your test will be reviewed by the endocrinology doctor
- You do not have to contact the department for your test result as you will be contacted directly if necessary
- Your doctor will also be informed of the result of your test
- If necessary, you will be called back into the clinic to discuss the result especially if you need to start on any treatment
- Sometimes, it is also necessary for us to contact you by telephone, so please provide us with your home and mobile telephone numbers when you come in for your test

Please remember that the timing of your endocrine test is important so please report directly to the unit at 08.30am. If you are unable to keep your appointment, please contact the department and we will try to rearrange it for you.

Contact Details

Please go to the following location for your test:

Endocrine Day Case Unit

Area 1A, Outpatient Department

Ground Floor, Queen Elizabeth Hospital Birmingham

Mindelsohn Way, Edgbaston, Birmingham B15 2GW

If you have any queries please contact;

Endocrine Clinical Nurse Specialist Team

Email: EndocrineNurses@uhb.nhs.uk Tel: 0121 371 6950

If your call is not answered please leave a voicemail message stating your name, hospital number, contact number and your query. A member of the nurse team will return your call.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

Endocrine
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham B15 2GW
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