



University Hospitals Birmingham
NHS Foundation Trust



Plasma Metanephrines Test

– Information for Patients

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

Your doctor has recommended that you have a blood test for plasma metanephrines. This is a simple blood test to identify the level of these hormones in your blood. The plasma metanephrine test is primarily requested when a doctor either suspects someone has a phaeochromocytoma (a very rare tumour of the adrenal gland) or wants to rule out this possibility. It is also done to further investigate those with persistent hypertension (high blood pressure) that is not responding to treatment or recurring symptoms, such as headaches, sweating, flushing, or rapid heart rate. Occasionally, the test may be requested when an adrenal tumour is detected incidentally (called adrenal incidentaloma) or when someone has a family history of phaeochromocytomas. It may also be used as a monitoring tool when a person has been treated for a previous phaeochromocytoma.

Preparation for your test

- You will need to avoid coffee, tea and nicotine for 24 hours before your test
- You should not eat any food for at least 8 hours before the test. You are allowed to have sips of water an hour before the test
- Sometimes you will be required to fast from midnight before the test. You will be advised if you need to fast the night before. If in doubt, please do not hesitate to call us on the number below
- The test will last for at least an hour
- Please come to Endocrine Day Case Unit at the time specified in your appointment letter
- Children are not advised to attend. However, if this poses a particular problem for you please discuss this with us
- If you are taking any blood pressure or anti-depressant medication, please kindly contact us by phone as you might need to stop them prior to your blood test.

What will happen during your test?

- You will be introduced to the person performing the test who will explain the procedure

- A cannula (plastic needle) will be inserted into a vein in your arm or hand. This allows blood samples to be taken without repeated needle sticks
- If needed, you will be asked to lie down for at least 30 minutes before the blood sample is taken from the cannula.

What will happen after your 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 the timing of your endocrine test is important so please report directly to the unit at the time specified in your appointment letter. If you are unable to keep your appointment, please contact the department and we will try to rearrange it for you.

Please report to the following location for your test:

Endocrine Day Case Unit
Area 1A, Outpatients Department, Level 0
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston,
Birmingham B15 2GW

Contact Details

If you have any queries please contact the Endocrine Nursing 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
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