

Queen Elizabeth Hospital Birmingham



Part of University Hospitals Birmingham
NHS Foundation Trust



Having a renin/aldosterone test

– information for patients

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

Your doctor has recommended that you have blood test to check your renin and aldosterone levels. Aldosterone is produced by the adrenal glands which sit above the kidneys. Aldosterone is a steroid hormone that regulates your blood pressure. Renin is an enzyme that helps increase blood pressure. Renin and aldosterone work together to balance blood pressure.

Preparation for the test

- You will be advised to temporarily stop some blood pressure medications at least 4 weeks before the test.
- You might be given an alternative blood pressure medication, if needed, to control your blood pressure by your GP.
- Refrain from eating liquorice at least a week before the test.
- You will be able to eat and drink as normal during the test.
- The test will not take more than 1 hour to complete.

What will happen during the test?

- You will be asked to attend the Endocrine Day Case Unit.
- A nurse will explain the test to you.
- You will need to lie down on a bed for 30 minutes before the blood test.
- After resting for 30 minutes, a blood sample will be taken to check your renin and aldosterone levels.
- Once the blood test is completed, you will be sent home.

Are there any risks with this test?

- There are no serious risks to your health having this test.

What will happen after the test

- You will be able to take your usual medication immediately after the blood 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 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 least 5 minutes prior to 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.

Contact Details

Where to report for the 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
Telephone: 0121 627 2000
