

Screening test for primary hyperaldosteronism

This leaflet provides information about the screening test for primary hyperaldosteronism. You have been diagnosed by your treating physician with high blood pressure, possibly caused by abnormal adrenal gland function. This test has been requested to investigate this further.

This leaflet provides answers to the following questions: What is primary hyperaldosteronism? What does this test involve and why is it done? What preparations are necessary and how does the test proceed? How long does the test take and when will I receive the results?

What is primary hyperaldosteronism?

Blood pressure is regulated by various mechanisms. One of these occurs via a system in which the hormone aldosterone plays a role. Aldosterone is produced by the adrenal gland. Increased secretion of aldosterone can be caused by an abnormality in the control of the adrenal gland or because the adrenal gland produces too much by itself. When the cause of the excessively high production is within the adrenal gland itself, this is referred to as **primary hyperaldosteronism**.

What does the screening test for primary hyperaldosteronism involve?

This test measures, among other things, the amount of aldosterone in the blood and urine. The release of aldosterone depends on body posture, activity, and the blood pressure required for that. By taking blood samples after a period of standing upright and moving, an good impression is obtained about the secretion of aldosterone by the adrenal gland. The test must be done under controlled circumstances and therefore takes place in the endocrinology function ward.

Step 1: Preparation

• Medication use

Medications used to treat high blood pressure can influence the test results. Depending on which medication you use, the doctor will ask you to stop taking the relevant medications 2 to 6 weeks before the planned test. In consultation with this doctor, you may receive, at least temporarily, other medication to treat high blood pressure that does not interfere with the test. On the morning of your visit to the function room, you may **not** take any medication, unless the doctor has agreed otherwise with you. In the function room, your medication use over the past period will be reviewed and noted with you.

- **Fasting**

It is important that you are fasting until the blood samples for the blood test have been drawn. This means that on the evening before the test, after 12:00 AM (24:00), you may no longer eat, drink, or smoke. Chewing gum is also not allowed, as this can affect the test results.

- **Posture**

Two hours before the appointment, you must have gotten out of bed, and may no longer lie down thereafter.

Step 2: Visit to the Function Room

- On the morning of the test, you report to the Endocrinology function ward, at department G2 G2-118toe.
- For this blood test, it is important that you are fasting (see step 1 Preparation).
- After arriving at the Endocrine function ward, you must sit quietly for 15 minutes, the blood pressure will be measured and blood will be drawn once.
- Afterward, you can go home. You will be in the function room for a total of just over half an hour.

Results of the Examination

Your treating physician will discuss the results with you. You will receive an appointment for this a few weeks after the test.

Side effects and risks

The test is safe. There are no side effects or risks associated with this examination. In the event of replacement of medication to treat the blood pressure, it may be wise to monitor your blood pressure more frequently. Discuss this with your doctor.

Where can you find the Endocrinology Function Ward?

The Endocrinology function Ward of the Department of Endocrinology and Metabolism is located at G2-118. You take the main entrance of the hospital and walk straight to the G-tower. Here you take the elevator to the 2nd floor. When you exit the elevator, you will see room 118 on the left, the Endocrinology function room.

Questions?

If you have any questions, you can call us, preferably on weekdays between 1:30 PM and 5:30 PM (13:30 and 15:30 hours). You can also leave a message on the answering machine, we will call you back.

- telephone number 020 - 566 29 90