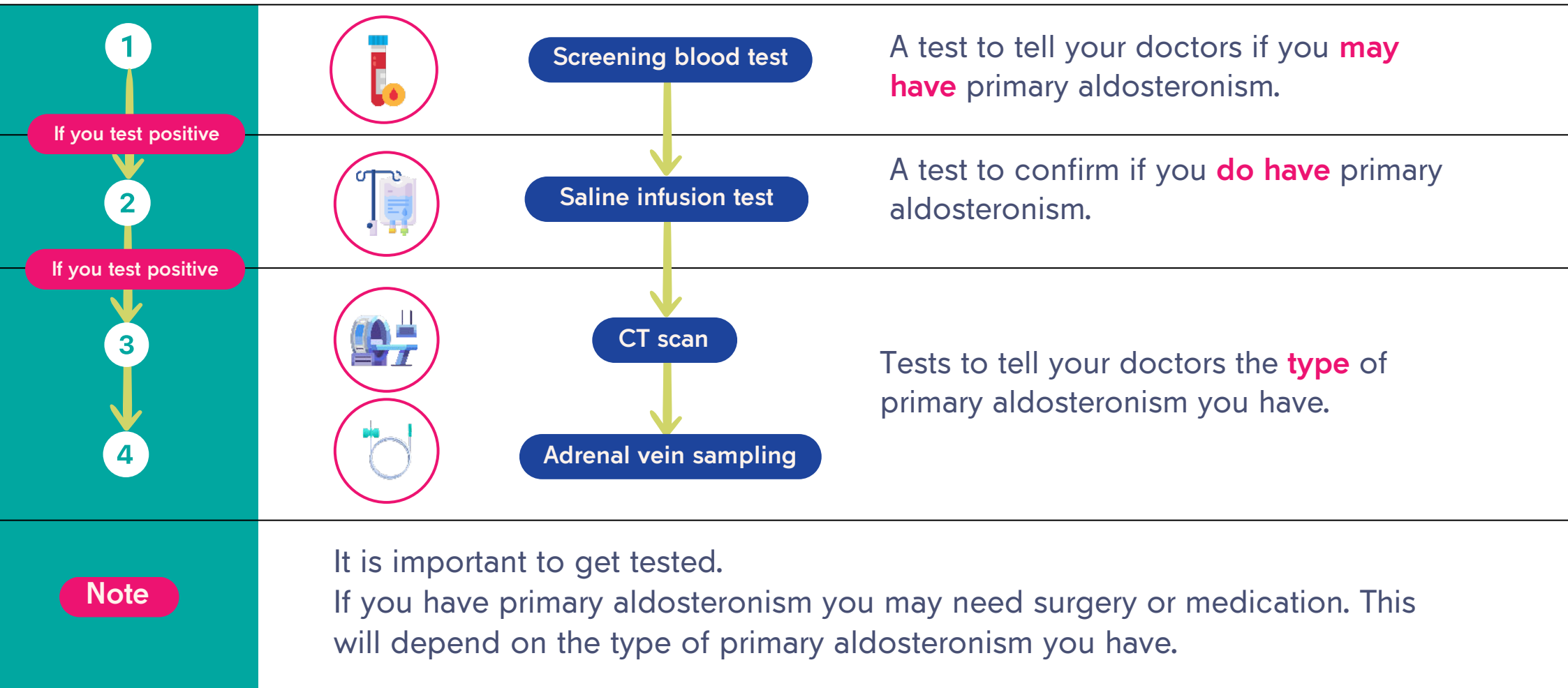


# Testing for Primary aldosteronism

Do you have high blood pressure? If you want to find out if primary aldosteronism is causing your high blood pressure you will need to do some tests. This is particularly important if your high blood pressure is hard to control. These tests include:



# Screening blood test

## Why am I having this test?

To see if you **may have** primary aldosteronism.

Your doctor will need to check how much aldosterone and renin you have in your body.

Aldosterone helps to control the level of salt in your body. This helps to keep your blood pressure normal.

## How is the test done?

A small amount of blood will be taken and tested.

## What will it tell my doctors?

High aldosterone levels mean the screening test is positive. This means you may have primary aldosteronism.

This may be the reason for your high blood pressure.

## What happens next?

If you tested negative, your doctor may ask you to do the screening blood test again just to be sure.

If it is negative again your doctor will treat you with standard medications to lower your blood pressure.

**If you tested positive, you may have primary aldosteronism. You will need more tests.**



# Saline (saltwater) infusion test

## Why am I having this test?

To confirm if you **do have** primary aldosteronism.

Your body should make less aldosterone when you have extra salt.

This test puts extra salt in your body through a drip in your arm.

This test checks how much aldosterone your body is making while it has the extra salt.

## How is the test done?

This test is done in hospital.

You will have a saline infusion over 4 hours. You will be seated but can go to the bathroom if you need to.

Bring something to keep you busy while you are seated or have a rest.

## What will it tell my doctors?

You have primary aldosteronism if this test shows that your body is still making too much aldosterone.

## What happens next?

If you have primary aldosteronism your doctors may ask you to have a CT scan and adrenal vein sampling (AVS).

These tests will tell your doctors if one or both adrenal glands are affected by primary aldosteronism.

**If you tested positive, you may need a CT scan and AVS.**



# CT scan of the adrenal glands

## Why am I having this test?

To work out what **type** of primary aldosteronism you have.

It can help your doctor to find out if a small, non-cancerous tumour in your adrenal gland is causing primary aldosteronism.

## How is the test done?

This test is done in a hospital.

This is a type of X-ray scan that looks at the size and shape of your adrenal glands. You will need an iodine injection to make the scans clearer.

The scan takes about 30 minutes.

## What will it tell my doctors?

The CT scan can help your doctor to understand what is causing your primary aldosteronism.

## What happens next?

You may need to do another test to confirm if one or both adrenal glands are affected by primary aldosteronism.

Your doctor may ask you to have an adrenal vein sampling test



# Adrenal vein sampling

## Why am I having this test?

This test also helps to work out the **type of primary aldosteronism you have.**

This test takes blood samples from around your adrenal glands.

## How is the test done?

This test is done in hospital. The blood samples are taken using a small needle inserted in your groin.

This test takes around 1 to 3 hours. After the test, you will need to rest for 2 to 4 hours.

## What will it tell my doctors?

This test helps your doctors to work out if aldosterone is coming from one or both adrenal glands.

## What happens next?

After looking at all your results your doctors can help you to decide on the best treatment.

Many people can simply have changes made to their high blood pressure tablets.

If only one gland is affected, you may need to have surgery to remove the gland.

