

What is a renin and aldosterone test?

This test helps us to find out whether your high blood pressure is caused by the adrenal glands. The adrenal glands are at the top of the kidneys and are responsible for producing the hormone 'aldosterone'. Aldosterone is a steroid hormone that regulates your blood pressure. When your blood pressure is low, an enzyme called renin is released by your kidneys to help increase your blood pressure. Aldosterone and renin work together to keep your blood pressure balanced.

Before your test

- Discuss your current medications with your doctor as they may affect your results
 - your doctor may advise you to temporarily stop taking certain blood pressure medications for at least 4 weeks before the test.
 - your doctor may give you an alternative medication to control your blood pressure.
- Temporarily stop taking non-steroidal anti-inflammatory medications such as Ibuprofen, Naproxen, Diclofenac, Meloxicam, etc for 2 weeks before the test.
- Do not eat liquorice for at least 1 week before the test, as this can interfere with your result.

On the day of your test

We also need to check the potassium level in your blood before this test, as you may need potassium replacement if the level is low.

Blood samples for this test should be taken in the morning, after you have been out of bed for at least 2 hours.

You may be asked to remain seated for 5-15 minutes before your blood test.