Mersey and West Lancashire Teaching Hospitals
NHS Trust

Saline Infusion Test

If you need this information in a different language or accessible format, please speak to a member of staff who can arrange it for you

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة ميسّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیارییانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

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Why do I need to have this test?

The aim of this test is to see if you have a condition called Primary Hyperaldosteronism, which can cause hypertension (high blood pressure).

Your adrenal glands produce many hormones, one of which is aldosterone. Aldosterone causes the kidney to increase the amount of water and sodium it keeps in the blood, and this raises your blood pressure. The normal response to high blood pressure is for your adrenal gland to reduce the amount of aldosterone it produces.

In Primary Hyperaldosteronism, your adrenal gland continues to release aldosterone even when your blood pressure is high. This test uses an intravenous infusion of saline to temporarily increase your blood pressure. A blood test will then show whether your aldosterone levels have dropped, or if they remain abnormally high

Should I fast or stop any medication prior to the test?

You **do not** need to fast before the test. You can eat and drink as usual before and during the test. You may wish to bring your own food and refreshments, although food and drink can also be purchased within the hospital facilities.

Your endocrinologist should tell you if you need to stop any medication and when to restart it.

Spironolactone, Eplerenone, Triamterene and Amiloride should be stopped **6 weeks** before the test as they will interfere with the test results.

Liquorice, including liquorice teas, should also be avoided for 6 weeks before the test.

You may also need to stop beta-blockers, loop and thiazide diuretics, angiotensin converting enzyme inhibitors, angiotensin receptor blockers, dihydropyridine calcium blockers and non-steroidal anti-inflammatory medications for **2 weeks** before the test. Your Endocrinologist will advise whether it is safe to do this or if you should continue them. The potassium levels in your blood need to be normal before the test, so you may need to take potassium supplements for the week before the test if your levels are low.

What does the test involve?

You will need to attend the hospital for approximately **6 hours** for this test. The nurse will explain the test, place a cannula (a small tube for the infusion and for blood samples) into a vein and take an initial blood sample for aldosterone, renin, urea and electrolytes.

You will need to be seated for **30 minutes** before the saline infusion can begin. The nurse will take baseline observations -blood pressure, oxygen saturations and heart rate.

Two litres of 0.9% saline will then be given intravenously over 4 hours. Your observations will be monitored every 30 minutes during this infusion.

Once the infusion is complete, another blood sample will be taken for aldosterone, renin, urea and electrolytes. Then the cannula will be removed and you can go home.

How will I find out the results?

Your Endocrinologist will write to your GP with the results of the test. A copy of this letter will usually be sent to you also.

What if I need advice?

For patients seeking guidance from the Endocrinology Specialist Nurses, we provide a secure and confidential mailbox service to help you get the advice you need. Messages will be assessed and returned in priority order.

The Endocrinology Specialist Nurses may be out of the office at times, so please leave a short message including your full name, hospital number, and contact number and we would aim to respond within 3 working days.

If your enquiry is a medical emergency please contact your own **GP, 111, 999** or attend your local accident and emergency.

Further information

You can contact the Endocrinology Nurse Specialist with any questions you may have.

If your enquiry is for the endocrinology medical team, please contact their secretaries through the hospital switchboard.

Endocrinology Specialist Nurse
Tel: 01744 64 6567

Notes

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

Whiston Hospital
Warrington Road
Prescot
Merseyside
L35 5DR

St Helens Hospital
Marshalls Cross Road
St Helens
Merseyside
WA9 3DA

Newton Hospital
Bradlegh Road
Newton-le-Willows
WA12 8RB

Southport Hospital
Town Lane Kew
Southport
Merseyside
PR8 6PN

Ormskirk Hospital
Dicconson Way
Wigan Road
Ormskirk
L39 2AZ

MWL has a zero-tolerance approach to any form of abuse shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence and aggression, no matter how big or small, will be investigated and action taken if necessary.