

# Saline Infusion for Primary Hyperaldosteronism Test

## What is a saline infusion for primary hyperaldosteronism test?

This test is for patients who have high blood pressure that has not responded appropriately to medication, and/or for those with low blood potassium levels.

This test is being done because your previous blood work showed a high level of aldosterone. Aldosterone controls blood pressure by managing salt and water levels. It also removes potassium from the blood. Primary hyperaldosteronism is a condition in which the adrenal gland(s) make too much aldosterone, leading to high blood pressure and low blood potassium levels.

## How the test is performed

An appointment will be scheduled for you to have the test performed. You will be provided with the location and arrival time. Please plan for at least 5 hours of testing.

Upon arrival, your weight will be taken, and you will lie down in a reclined position for 30 minutes before your test starts.

An intravenous (IV) cannula (catheter) will be inserted into a vein in one of your arms and will remain there for the duration of the test. All blood samples will be drawn through this catheter, so you will not need any further needle pokes.

## How to prepare for the test

Your test will be booked to allow for about 4 weeks of preparation.

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During this period, you will likely have your blood pressure medications and doses adjusted as many blood pressure medications can affect results.

Your doctor will order blood tests to check your potassium levels. You may also be started on a potassium supplement or have it increased as low blood potassium levels will also affect test results. You may also have heart tests done to ensure your heart is able to tolerate the volume of IV fluid given during this test.

### **The day before and the day of your test:**

- You must not smoke after midnight the day before your scheduled test.
- Do not have any caffeinated food or beverages on the morning of your test, otherwise you may eat and drink as normal.
- Do not stop any medication(s) unless indicated by a health care provider.
- Bring your daily dose of medications to the appointment in case the appointment takes longer than expected.

### **What to expect**

Using an infusion pump, the fluid will be delivered into the catheter in your arm at a fast rate for 4 hours. Your arm may feel cold. During the IV infusion, the nurse will check your blood pressure every 15 minutes for any signs that you are not tolerating the large amount of fluid. These signs include swelling in your hands and feet, shortness of breath, or cough.

Once the infusion is done, blood work will be drawn from the IV line. You will be asked to empty your bladder, and your weight will be rechecked. If you have any signs of retaining too much fluid, the doctor may provide IV medication (furosemide) to help you pass urine to remove the extra fluid. The doctor will tell you which blood pressure pills to take and how much.

After your blood work is done and your blood pressure is stable, next steps will be discussed with you. The IV will be removed and you can go home.

## **Possible risks or side effects**

As with any blood test or IV insertion, you may have some bruising or redness where the catheter was inserted. There is also a small risk of infection.

## **What should I do if I need to cancel?**

If you need to cancel your appointment, please call 519 646-6000 ext. 64424 and state your name and test date. It is important to know that there may be a delay in rescheduling your appointment as the availability of test times are limited. If you need to cancel, we ask that you call as soon as possible.