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| **Aldosterone / Renin request proforma**  **To be printed double-sided: reverse side for laboratory use only.** |

**Patient preparation: Follow aldosterone/renin screening protocol (PF-BSM-CP-10)**

Correct severe hypokalaemia (potassium should be ≥3.0 mmol/L)

Where safe to do so, anti-hypertensive drugs should be discontinued for:

* 6 weeks: mineralocorticoid antagonists (spironolactone, eplerenone), direct renin inhibitors, oestrogen HRT or oral contraceptive (alternative means of contraception may be required)
* 2 weeks: Beta-blockers and NSAIDs

If anti-hypertensive medication must be continued, please switch to alpha-blockers or slow release verapamil.

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| **Patient Details** | | | | | | |
| Hospital Number: |  | | NHS Number: | |  | |
| Surname: |  | | | | | |
| First name: |  | | | | | |
| Date of Birth: |  | | | | | |
| **History (delete as appropriate)** | | | | | | | |
| Is patient hypertensive? | | | Yes / No | B.P: | / mm Hg | | |
| Is patient still on anti-hypertensive Rx? | | | Yes / No | If yes, please indicate below | | | |
| 🞎 β-blocker  🞎 NSAID  🞎 Spironolactone/eplerenone  🞎 ACE inhibitor | | | 🞎 ARBs (losartan, candesartan)  🞎 non verapamil CCB  🞎 Verapamil  🞎 α-blocker | | | | 🞎 Potassium-sparing diuretic (amiloride, triamterine) |
| 🞎 Other anti-hypertensive e.g. centrally acting α2 agonists. Please provide details:  🞎 Other Rx: (including any oestrogen-containing medications or diuretics): | | | | | | | |
| Please give any other relevant clinical details (free-text if necessary)  🞎 ?resistant hypertension 🞎adrenal incidentaloma 🞎persistent unexplained hypoK | | | | | | | |

**Sample collection:**

* Notify the laboratory (Basildon: x7070, Southend: 8743) or biochemists (Basildon: x3025/x3539/x3095, Southend: 8795) of when samples are to be taken.
* Delay patients morning medication until after samples have been taken.
* Collect blood between 8-10am and allow the patient to sit quietly for 30 minutes before sampling.
* Follow Aldosterone/renin screening protocol (on baspath.com):

collect 1x 7mL EDTA (pink/purple tube), and 1x 7 mL gold-top serum (for U&E’s).

* **Take samples to laboratory IMMEDIATELY (within 30 minutes of collection). Outpatients MUST attend Basildon or Southend hospital phlebotomy for these tests**.

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| **Paired U&E Biochemistry Results – to be filled in by laboratory** | | | | |
| **Test** | **Date** | **Result** | |  |
| Sodium (serum) |  |  | mmol/L |
| Potassium |  |  | mmol/L |
| Creatinine |  |  | umol/L |
| Bicarbonate |  |  | mmol/L |
| Urine sodium |  |  | mmol/L | \*if patient not on potassium supplements |
| Urine potassium |  |  | mmol/L |