Saline Suppression Test

Indication: To confirm a diagnosis of primary aldosteronism following a positive screening test.

Patient Preparation:

- Patients do not need to be fasting
- Blood pressure medications such as beta-blockers, ACE inhibitors/ARBs and thiazides should be discontinued for at least one week prior to testing
- The following medications can be used to control blood pressure if needed in the days leading up to this test:
  - Verapamil
  - Hydralazine
  - Prazosin, doxazosin, or terazosin
- This test is best started in the morning (8-9am)
- Patients should remain sitting down throughout test and are NPO during the test

Precautions

- This test should not be performed in patients with severe uncontrolled hypertension, renal insufficiency, cardiac arrhythmia, or severe hypokalemia.
- Monitor blood pressure and heart rate q1h throughout test.

Testing Procedure:

2. Draw a baseline blood sample for aldosterone and renin (one green top tube).
3. Establish IV access and infuse 0.9% saline at 500 mL/h for 4 hours.
4. After the four hours of infusion are complete, draw a blood sample for aldosterone and renin (one green top tube).
5. Discontinue IV and discharge patient.

References:
