

North Atlanta Endocrinology & Diabetes, P.C.
Saline Suppression Test

Your physician has ordered a saline suppression test to rule out primary aldosteronism. To confirm the diagnosis, your doctor also may attempt to suppress your aldosterone levels by artificially increasing your sodium levels. If you have primary aldosteronism, your aldosterone levels will remain high. This test is called a saline suppression test. Your aldosterone levels are tested after sodium mixed with water (saline) is infused into your bloodstream for four hours.

The instructions for you are as follows:

You must not eat or drink anything after midnight before the day of the test. You can have a small sip of water if needed. Hold your medications until you resume a normal diet unless otherwise instructed by your physician.

You will have a small IV inserted into your arm. You will be made comfortable in a private room here in our office where you can listen to music or bring DVD movies from home to watch while you relax. One person may accompany you, but if you prefer to come alone you may drive yourself to and from this procedure. We kindly ask that you do not bring children under the age of 16.

The results of this test take 7-10 days to return. Your nurse or physician will call you with the results or they will be discussed at your next follow up appointment.

If you have any questions please call Rebecca L. Minter, LPN, Clinical Manager at 770-339-1387- ext. 212.