

Blood Tests for Aldosterone and Renin

Information for patients, relatives and carers

Department of Clinical Biochemistry

① For more information, please contact
the hospital where you will have your test collected

Providing pathology services at:

York and Scarborough Teaching Hospitals NHS Foundation Trust
Hull University Teaching Hospitals NHS Trust

Introduction

You have been given this leaflet because your doctor has recommended that you have a blood test to measure aldosterone and renin. Please read this information carefully before you have your blood test. Measuring aldosterone and renin can be difficult, but following these instructions will help make sure that the test results are reliable and useful.

Contacting the Clinical Biochemistry teams:

York Hospital
Telephone: 01904 726366
Wigginton Road, York, YO31 8HE
yhs-tr.biochemist@nhs.net

Scarborough Hospital
Telephone: 01904 726366
Woodlands Drive, Scarborough, YO12 6QL
yhs-tr.biochemist@nhs.net

Hull Hospital
Telephone: 01482 607772
Anlaby Road, Hull, HU3 2JZ
hyp-tr.ask.biochemistryhull@nhs.net

What is an aldosterone and renin blood test?

Aldosterone: The adrenal glands, which sit above the kidneys, are responsible for producing the hormone aldosterone. Aldosterone helps to regulate the amount of sodium and potassium in your blood. It also helps to regulate blood pressure.

Renin: The kidneys make renin. Renin helps the adrenal glands to produce aldosterone.

By working together, aldosterone and renin help maintain your sodium and potassium levels, blood volume, and consequently your blood pressure.

Your doctor may use the blood test to help understand if excess aldosterone is responsible for any problems that you might be experiencing, such as high blood pressure or low potassium.

Could there be any risks/complications?

Following the blood test, you should not experience any side effects.

How do I prepare for the blood test?

This test is best performed in the morning after you have been up and about for at least two hours and then seated for five to 15 minutes. You should be well hydrated (drink plenty of fluids and particularly water) and remain on your normal salt intake prior to the test.

Several medications interfere with aldosterone and renin activity. Your GP or Consultant should have reviewed your medication before the blood test. Your GP or Consultant may suggest some changes to your medication in the two weeks prior to your test. This may include stopping some medications and starting new ones on a temporary basis until after the test.

It is important that you have a normal level of potassium in your blood. Your GP or Consultant should have checked that your potassium level is within the normal range before requesting the aldosterone and renin test. This is because low potassium will invalidate the results of the renin and aldosterone test.

Where can I go to have the sample collected?

The blood sample must be collected at either York or Scarborough out-patient phlebotomy, or at specific out-patient departments within Hull hospital. It cannot be taken at your local GP surgery, York Community Stadium, or Selby, Bridlington, and Malton hospitals.

At York and Scarborough hospitals, you should not need to make an appointment, but you may have to wait a short while during busy periods. Please remember to take this leaflet and the request form given to you by your GP or Consultant.

At York hospital, you should enter the hospital via the main entrance and turn left to find the waiting area for blood taking. At the waiting area, take a numbered ticket and wait for your number to be called.

Opening hours are Monday-Friday 7.30am-5pm, excluding public holidays. Saturday 8am-12pm.

At Scarborough hospital, you should enter the main outpatient department. Blood taking is located on corridor B. This is a drop-in service.

Opening hours are Monday-Friday 8am-4.45pm, excluding public holidays.

At Hull hospital, blood taking will be available following your out-patient appointment. Please attend the relevant department stated on your appointment letter.

Information for the person collecting your blood:

Please show the information below to the person doing your blood test. Also give them your completed request form.

This will help make sure they take the correct type of blood bottle and make sure that they send the samples to the laboratory promptly.

All samples must be delivered to the laboratory **immediately** after sample collection.

Ice must **not** be used to transport the samples to the laboratory.

Aldosterone and renin

1 x **full** lithium heparin sample (**green** top)

What will happen afterwards?

Your sample will have some preliminary processing in your local laboratory. The sample will then be sent to a specialist laboratory which performs aldosterone and renin testing. Results should be available within four weeks of the blood test. The results will be sent to the GP or Consultant who requested your tests, and they will contact you to explain what your results mean.

Please do not contact the laboratory directly for results.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
Dr Daniel Turnock, York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 631313 or email daniel.turnock@nhs.net.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

To contact PALS:

In York or Scarborough dial 01904 726262 or email yhs-tr.patientexperienceteam@nhs.net

In Hull and the East Riding
dial 01482 875875 or email hyp-tr.pals.mailbox@nhs.net

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

This leaflet was produced by Scarborough, York and Hull Pathology Services (SHYPS)

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