

Patient information factsheet

Plasma metanephrine test

Your doctor has recommended that you have a plasma metanephrine test. This factsheet aims to answer some of the initial questions you may have about what's involved. If you have further concerns or would like more information, please speak to your healthcare team.

What is a plasma metanephrine test?

It's a test to help diagnose a condition of the adrenal glands. These are found at the top of the kidneys and are responsible for producing the hormones adrenaline and noradrenaline, which are required for the normal working of the body. (Hormones are natural substances produced by the body that regulate growth or activity).

The test measures the level of a substance called free metanephrine in your blood to find out if your body is producing too much adrenaline or noradrenaline. This can be caused by a condition called phaeochromocytoma – a tumour on the adrenal glands which is usually non-cancerous (benign).

Before your test

From midnight before the test you should not eat or drink anything apart from water.

The evening before the test (from 6pm) you should not:

- drink anything containing caffeine, including tea, coffee and colas (these can be drunk as normal after the test)
- exercise
- smoke or use nicotine

Five days before the test you should not take paracetamol (this can be taken as normal after your test).

How long does the test take?

The test will last between 30 and 60 minutes.

During the test

You will be asked to lie down for approximately 30 minutes, then a blood sample will be taken by an endocrine nurse specialist and sent to an external lab to be tested. There is usually a wait of three to four weeks for the test results.

After the test

You should not experience any side effects with this test.

Results

Results will either be sent to you by letter/a phone call or discussed with you at your next clinic appointment. We will also send a letter to your GP. This may take up to three weeks.

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Further information

Please contact the endocrine nurse specialist if you require more information or if there is anything you do not understand.

Contact the endocrine nurse specialist:

Telephone: **023 8120 4710**, Monday to Friday 8.30am to 4pm (answer phone service out-of-hours or if the nurse specialist is unavailable).

Email: **endocrinenurse@uhs.nhs.uk**

Useful links

NHS website

www.nhs.uk/conditions/phaeochromocytoma/Pages/Introduction.aspx

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**