

Clonidine Suppression Test

Your doctor has recommended that you have a Clonidine Suppression test.

The aim of this leaflet is to provide you with information about the test so that you understand why it is being done and what you need to do to perform the test correctly.



St Helens and Knowsley
Teaching Hospitals
NHS Trust

Clonidine Suppression Test

This leaflet can be made available in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatkach.

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Why do I need to have this test?

Your doctor has recommended you have a Clonidine Suppression test. This test is used to investigate for a rare condition called a pheochromocytoma. This is a benign tumour, most frequently located above the kidneys, which can produce an excess in a hormone affecting your blood pressure.

Should I fast or stop any medication prior to the test?

You **must fast** overnight and eat nothing in the morning of your test. You should not smoke or consume alcohol for at least 12 hours prior to the test.

If taking, you will have been advised to stop certain medications two days before your test, such as alpha-blockers, beta-blockers (bisoprolol, atenolol, propranolol), paracetamol, diuretics (bendroflumethiazide and furosemide).

What does the test involve?

Please arrive 15 minutes before your appointment. This test will be performed in the morning and will last approximately 4 hours. Upon arrival the nurse will explain the test to you.

The nurse will then insert a cannula, a small plastic tube into a vein in your arm or the back of your hand. This will be used to take blood samples during the test. You will then need to lie down for 30 minutes prior to a blood sample being taken. You will need to lie down for the duration of the test.

You will then be given 300 micrograms of clonidine to be taken orally with a glass of water. This may make your blood pressure drop and you may feel dizzy.

Blood samples will be taken at 1 hour, 2 hours and 3 hours following this. We will also monitor your blood pressure and heart rate throughout the test.

If you have a history of hypotension (low blood pressure), heart disease or carotid occlusion (blockage of the arteries in your neck) inform the nurse or doctor, as you should not have this test.

Clonidine can cause side effects including dizziness, headache, tiredness, low blood pressure on standing, nausea and vomiting.

You should be able to undertake normal activities after the test and it should not interfere with your ability to drive home.

How will I find out the results?

Your Endocrinologist will write to your GP with the results of the test. A copy of this letter will usually be sent to you also.

What if I need advice?

We have a secure confidential answer machine available and email service for patients requiring advice from the Endocrinology Specialist Nurse.

Messages will be assessed and returned in priority order.

The Endocrinology Specialist Nurse may be unavailable at times, so please leave a short message including:

- your full name
- hospital number or date of birth
- contact number

They will contact you as soon as possible, though please be aware this may be the next working day.

If your enquiry is a medical emergency, please contact your own GP, NHS 111, 999 or attend your local Accident and Emergency Department.

Further information?

You can contact the Endocrinology Specialist Nurse with any questions you may have.

If your enquiry is for the Endocrinology Medical Team, please contact their secretaries through the hospital switchboard 01744 266 33.

Endocrinology Specialist Nurse

Tel: 07881 928197

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