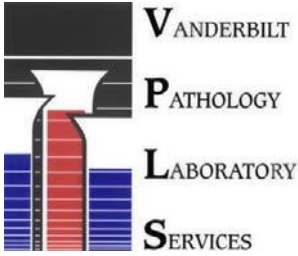


**ALDOSTERONE/RENIN MASS RATIO (ARR)  
TEST CODE: ARN**



**The Endocrine Society recommends that physicians consider the following prior to Aldosterone/  
Renin Mass Ratio (ARR) evaluation:**

- Discontinue Ca<sup>+</sup> channel blockers for at least 1 weeks prior to testing
- Discontinue beta blockers and ACE inhibitors for at least 2 weeks prior to testing
- Discontinue hydrochlorothiazide diuretic for at least 4 weeks prior to testing
- Discontinue spironolactone and eplerenone for at least 4 - 6 weeks prior to testing
- Alternative drugs with less effect on ARR include alpha blockers, verapamil and hydralazine

Hypokalemia should be corrected with K<sup>+</sup> supplements prior to testing

ARR is most sensitive when samples are collected in the morning, after patients have been out of bed at least 2 hours  
Sample collection should begin after a patient has been seated for 5-15 minutes

For a more comprehensive list of interfering medications consult the Aldosterone/Renin Interference Table and The Endocrine Society guidelines<sup>1</sup>.

1. Case detection, diagnosis, and treatment of patients with primary aldosteronism: an endocrine society clinical practice guideline, *J Clin Endocrinol Metab.* 2016 May; 101(5):1889-1916.

**For more information or assistance, please contact VPLS at 1-800-551-5227 x1, or visit our web site:  
[www.labVU.com](http://www.labVU.com)**

**Technical information and assistance is also available from our Laboratory Team:**

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