The Endocrine Society recommends that physicians consider the following prior to Aldosterone/Plasma Renin Activity Ratio (ARR) evaluation.

- Discontinue Ca\(^+\) channel blockers for at least 1 weeks prior to retesting
- Discontinue Beta blockers and ACE inhibitors for at least 2 weeks prior to retesting.
- Discontinue Hydrochlorothiazide diuretic for at least 4 weeks prior to retesting.
- Discontinue Spironolactone and Eplerenone for at least 4 - 6 weeks prior to retesting.
- Alternative drugs with less effect on ARR are: Alpha blockers, Verapamil and Hydralazine
- Hypokalemia should be corrected with K+ supplements prior to testing ARR.
- The patient’s blood pressure and K+ should be monitored regularly during transition to new antihypertensive drugs.

For a more comprehensive list of interfering medications consult the Aldosterone/Renin Interference Table and The Endocrine Society guidelines\(^1\).


For more information or assistance, please contact VPLS at 1-800-551-5227 x4, or visit our web site: www.labVU.com

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

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