



Aldosterone

In the five days prior to the examination, please follow this diet

Follow a **low sodium diet** (about 2.5 grams of Na-2000 Kcal, all foods must be cooked without salt)
Suspend the intake of substances derived from licorice root for at least four weeks.

Do not consume coffee or tea in the hours before sampling.

Do not suspend any antihypertensive therapy, unless suggested by a doctor.

The undersigned (name and surname) _____ declare
having followed the instructions in this disclosure

Date ____ / ____ / ____ Signature _____

Blood draw procedure in the orthostatic position

- Perform the blood draw mid-morning, after the patient has remained active (standing or moving) for at least 2 hours.

Sampling procedure in the supine position

- Perform the blood draw after the patient has been sitting for at least 15 minutes.