



HYPERTONIC SALINE STRESS TEST

Checklist

Step	Clock Time	Time	Procedure(s)	Samples (ensure labelled with time)	Biochemistry	Additional comments
A		-30	Consent <input type="checkbox"/> Weight <input type="checkbox"/> Blood pressure <input type="checkbox"/> Insert cannulae into ante-cubital veins in both arms <input type="checkbox"/> Take blood samples after 30 minutes of rest <input type="checkbox"/>	1x yellow top (U&Es, osmolality, glucose), 1x yellow top (copeptin). Wait for results prior to starting infusion! If sodium ≥ 150 mmol/L – STOP TEST AND PROCEED TO STEP G.	Sodium Urea Osmolality Glucose	
B		0	Administer 250 mL bolus infusion of 3% saline infusion over 20 minutes <input type="checkbox"/>			

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C		20	Infuse 3% saline at 0.15 mL/kg/min <input type="checkbox"/> (Until a serum sodium concentration of ≥ 148 mmol/L or a total infusion time exceeded 120 minutes into non-blood sampling arm)			
D		30	Take blood samples <input type="checkbox"/>	1x yellow top (U&Es, osmolality), 1x yellow top (copeptin). If sodium ≥ 150 mmol/L – STOP TEST AND PROCEED TO STEP G.	Sodium	
					Urea	
					Osmolality	
E		60	Take blood samples <input type="checkbox"/> Blood pressure <input type="checkbox"/>	1x yellow top (U&Es, osmolality), 1x yellow top (copeptin). If sodium ≥ 150 mmol/L – STOP TEST AND PROCEED TO STEP G.	Sodium	
					Urea	
					Osmolality	
F		90	Take blood samples <input type="checkbox"/> Blood pressure <input type="checkbox"/>	1x yellow top (U&Es, osmolality), 1x yellow top (copeptin). If sodium ≥ 148 mmol/L – STOP TEST AND PROCEED TO STEP G.	Sodium	
					Urea	
					Osmolality	

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G		120	Stop saline infusion <input type="checkbox"/> Take blood samples <input type="checkbox"/> Blood pressure <input type="checkbox"/>	1x yellow top (U&Es, osmolality), 1x yellow top (copeptin).	Sodium Urea Osmolality	
H		135	Take blood samples <input type="checkbox"/> Give patient water orally (30 mL of water per kilogram) <input type="checkbox"/>	1x yellow top (U&Es, osmolality, glucose), 1x yellow top (copeptin).	Sodium Urea Osmolality Glucose	
I		180	Take blood samples <input type="checkbox"/> Blood pressure <input type="checkbox"/> Weight <input type="checkbox"/>	1x yellow top (U&Es, osmolality)	Sodium Urea Osmolality	
J		210	If required (sodium remains ≥ 150 mmol/L) - give patient	1x yellow top (U&Es, osmolality).	Sodium Urea	

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			500 mL infusion of 5% glucose <input type="checkbox"/> Blood pressure <input type="checkbox"/>		Osmolality	
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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656.