

NT-proBNP

What is NT-proBNP?

NT-proBNP (N-terminal pro b-type or brain natriuretic peptide) is an inactive hormone that comes from your heart. Even though this hormone is inactive, it is activated during stress. NT-proBNP is released along with its active form, BNP, when the heart is enlarged due to heart failure.

What is a NT-proBNP test?

A NT-proBNP test is a simple blood test. Healthcare providers may order this test if they think you have heart failure. This test may be ordered in the emergency room if you come in with symptoms of heart problems. NT-proBNP tests may also be ordered by your regular healthcare provider to check on the health of your heart.

What can a NT-proBNP test tell your healthcare provider?

NT-proBNP test results can tell your healthcare provider whether or not you may have heart failure or if more tests are needed. Because NT-proBNP levels increase with worsening heart failure, this test can indicate how severe your heart failure may be. If you have already been diagnosed with heart failure, NT-proBNP can help your healthcare provider find out how well your treatment is working.

As with any medical test, be sure to ask your healthcare provider if you have any questions or concerns about the test itself or your test results.