

## Patient information

# Cortisol Day Curve in People with Cushing's Syndrome

### Diabetes and Endocrinology

#### Why do I need this test?

- This test is performed to assess the control of Cushing's disease whilst you are on medications such as Metyrapone and other drugs.
- This test may also be performed sometimes to assess the average cortisol level in your blood after you have had surgery for Cushing's disease.

#### Are there any risks or side effects?

No major side effects related to the test as such.

#### What will happen if I decide not to have this investigation?

You need to discuss the implications of not having the test with your doctor in the endocrine clinic

#### What do I need to do before the test?

- You do not need to fast before the test
- Please arrive to the unit as early as possible as instructed, ideally by 9am so that we can start the test as early as possible to ensure there is enough time to complete the test.

#### What happens during the test?

- On the day of your test a nurse will check your details and explain the test to you. You will be on the ward for about eight to nine hours.
- A nurse will put a small tube (cannula) into your vein, blood samples will be taken through this tube. This means you will not have to have lots of needles.
- You will be given the metyrapone or any other medication for Cushing's disease at usual times.
- A nurse will note down the time and the dose of the medication given.
- Blood samples will be taken for the cortisol (steroid) level three hourly for almost nine hours.
- The cannula will then be taken out and you will be able to go home straight away.

## **What will happen after the test?**

- Once you have completed the test, the results will be reviewed by endocrine doctors and they will contact you directly if necessary.
- Further investigation and management will be discussed in the endocrine clinic.

## **Feedback**

Your feedback is important to us and helps us influence care in the future. Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further Information**

**If you have any query or do need to speak to doctors please contact on call**

**endocrine doctor via hospital switch board: Tel: 0151 706 2000**

**Text phone number: 18001 0151 706 2000 If you have any worries or questions about the test or the date is inconvenient please contact the**

**Medical Day Case Unit Medical Day Case Unit**

**Telephone number: 0151 706 2396**

**Text phone number: 18001 0151 706 2396**

**Opening Hours: 07:30 – 20:00 Monday to Thursday 07:30 – 16:00 Friday**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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