

Plasma Cortisol Day Curve

Your doctor has recommended that you have a Plasma Cortisol Day Curve.

The aim of this leaflet is to provide you with information about the test so that you understand why it is being done and what to expect.

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Na żądanie ta ulotka może zostać
udostępniona
w innych językach/formatach.

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Why do I need to have this test?

This is to see if you are taking the correct amount of steroids (hydrocortisone) as a replacement for your body's daily requirements.

Preparation for the test

You will need to be available from 8:45am until 5pm on the day of the test.

If you take the oral contraceptive pill (OCP), hormone replacement therapy (HRT), or any other steroid tablets, nasal drops, inhalers or skin cream it is important that you inform us before the test date by either writing to us or telephoning us. Your Endocrinologist will advise on whether you should continue these medications. If you are advised to stop the contraception pill by your Endocrinologist, it is very important that you practice an alternative form of contraception if you wish to avoid pregnancy.

Please bring all your medications with you to be checked and documented on the day and you will need to keep your hydrocortisone tablets with you.

If you take a hydrocortisone tablet on waking, you should take it as usual.

You may wish to bring a book or magazine to read.

What does the test involve?

The nurse will explain the test, place a cannula (a small tube for blood samples) into a vein and take blood at approximately 9am, 11am, 1pm, 3pm and 5pm. You will continue take your normal doses of hydrocortisone. You may eat and drink as normal on the day of the test. You may take your other medication as normal on the day of the test.

After the test

You should be able to undertake normal activities after the test is finished and it should not interfere with your ability to drive home.

How will I find out the results?

Your Endocrinologist will write to your GP with the results of the test. A copy of this letter will usually be sent to you also.

What if I need advice?

We have a secure confidential answer machine available and email service for patients requiring advice from the Endocrinology Specialist Nurse.

Messages will be assessed and returned in priority order.

The Endocrinology Specialist Nurse may be unavailable at times, so please leave a short message including your full name, hospital number or date of birth and contact number.

They will contact you as soon as possible, however this may be the next working day.

If your enquiry is a medical emergency, please contact your own GP, NHS 111, dial 999 or attend your local Accident and Emergency Department.

Further information?

You can contact the Endocrinology Specialist Nurse with any questions you may have.

If your enquiry is for the Endocrinology Medical Team, please contact their secretaries through the hospital switchboard 01744 266 33.

Endocrinology Specialist Nurse

Tel: 07881 928197

Email: endocrinology.nurse@sthk.nhs.uk