

## Further information

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

If your enquiry is for the endocrinology medical team please contact their secretaries through the hospital switchboard.

# Overnight Dexamethasone Suppression Test

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## Why do I need to have this test?

The purpose of this test is to exclude an excess of a hormone called cortisol (Cushing's syndrome). Cortisol is a hormone that is produced by the adrenal glands, which are just above the kidneys.

Dexamethasone is a steroid medication that is similar to cortisol, the body's natural hormone. After taking a single tablet of Dexamethasone, the body's production of cortisol should reduce to very low levels.

## Should I stop any medication prior to the test?

The Oral Contraceptive Pill (OCP) and Hormone Replacement Therapy (HRT) can interfere with the results and may need to be stopped up to 6 weeks before the test. If you stop the OCP another form of contraception should be used.

If you are on any regular steroid tablets please let your Endocrinologist know. Your Endocrinologist should tell you if you need to stop any other medication and when to restart it.

## What do I need to do?

Your Endocrinologist will give you a prescription for a Dexamethasone tablet (1mg) and a blood request form (or will request it electronically)

You will need to collect the tablet from the Pharmacy at either Whiston or St Helens Hospital. Please book a blood test appointment for Whiston or St Helens Hospital (8-9am).

The blood test can be performed at the hospital or at your local GP surgery or Clinic.

You should take the Dexamethasone tablet at 11pm the night before the scheduled blood test.

The timing of the tablet and blood test needs to be as close to the recommended times as possible but fasting for the blood test is not necessary.

## Are there any side effects?

The test is very safe and side effects are very uncommon.

## How will I find out the results?

Your Endocrinologist will write to your GP with the results of the test and 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.

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

**Endocrinology Specialist Nurse Tel: 07881 928197**