

## 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.



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

## Plasma Cortisol Day Curve

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 formie, 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?

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.

## Further information

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

## Endocrinology Specialist Nurse

**Tel: 07881 928197**

