Mersey and West Lancashire Teaching Hospitals
NHS Trust

Plasma Cortisol Day Curve

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

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة مُيسَّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیارییانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

Author: Endocrine specialist nurse
Department: Diabetes and Endocrine
Document Number: MWL2292
Version: 001
Review Date: 01/08/2029

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.

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 to take your normal doses of hydrocortisone. You can eat and drink as usual before and during the test.

You may wish to bring your own food and refreshments, although food and drink can also be purchased within the hospital facilities. 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?

For patients seeking guidance from the Endocrinology Specialist Nurses, we provide a secure and confidential mailbox service to help you get the advice you need. Messages will be assessed and returned in priority order.

The Endocrinology Specialist Nurses may be out of the office at times, so please leave a short message including your full name, hospital number and contact number and we would aim to respond within 3 working days.

If your enquiry is a medical emergency please contact your own **GP, 111, 999** or attend your local accident and emergency.

Further information

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

Endocrinology Specialist Nurse

Tel: 01744 646567

Notes

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

Whiston Hospital
Warrington Road
Prescot
Merseyside
L35 5DR

St Helens Hospital
Marshalls Cross Road
St Helens
Merseyside
WA9 3DA

Newton Hospital
Bradlegh Road
Newton-le-Willows
WA12 8RB

Southport Hospital
Town Lane Kew
Southport
Merseyside
PR8 6PN

Ormskirk Hospital
Dicconson Way
Wigan Road
Ormskirk
L39 2AZ

MWL has a zero-tolerance approach to any form of abuse shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence and aggression, no matter how big or small, will be investigated and action taken if necessary.