

24-hour urine collection for cortisol to assess for Cushing's syndrome

Information for patients

Your endocrinologist has suggested we arrange a test to see if you are making too much steroid hormone (Cushing's syndrome). We enclose an appointment for this test. If the time is not convenient, please let us know so that we can rearrange this for you.

How can I prepare?

If you are taking oestrogen containing HRT or contraceptive pill, this should be stopped 6 weeks before the test

What does the test entail?

You will need to collect all the urine that you produce over a 24-hour period. You may need to choose a day when you can stay at home. We usually recommend starting the test in the morning.

What do I need?

You will need a 5L collection bottle supplied by the hospital or your GP. The bottle should not contain additional acid (this is needed for a different type of test). You may also need a clean container to help with urine collection.

How do I do the test?

1. On the first morning, urinate into the toilet as soon as possible after you get out of bed.
2. Collect all the urine you pass during the remainder of the day into the 5Litre collection bottle
3. You may find it convenient to collect the urine into a clean, wide necked beaker and then transfer it from the beaker to the urine collection bottle after each individual collection is made.
4. If you pass urine overnight, remember this must be collected too.
5. On the second morning you should collect the urine you pass after getting out of bed, this should be about 24 hours after you started your collection.
6. At this point the test is complete, and no more urine is required.
7. Please submit your urine collection to the metabolic unit with the green biochemistry form you have been given.

How will I get my results?

Your endocrinologist will be in touch with the results by telephone or letter. Tests usually take 3-4 weeks to be processed.