

Cortisol day curve to assess steroid replacement

Information for patients

Your endocrinologist has asked us to arrange a cortisol day curve test to help make sure your steroid dose is adequate. We enclose an appointment, if this is not convenient, please let us know so that we can reschedule.

How should I prepare for the test?

If you are taking oestrogen containing HRT or contraceptive pill you should stop this 6 weeks before the test. It is essential to use other forms of contraception if this is needed.

If you usually take hydrocortisone, omit any doses after midday the day before the test. Please bring your usual steroid/hydrocortisone treatment with you as we will ask you to take this when you arrive.

You can eat and drink as normal before and during the test

What happens during the test?

On the day of the test, a nurse will insert a cannula into your arm and draw blood samples. You will take your usual hydrocortisone doses. Further blood samples will be drawn from the cannula in your arm every 2-3 hours through the day. The last blood test will be around 4-5pm.

When will I get my test results?

Your endocrinologist will be back in touch with you by letter or telephone with the results which may take 3 weeks to process.