

Urinary free cortisol test

Diabetes and Endocrinology Patient Information Leaflet

Introduction

This leaflet is for people who have been recommended to have a urinary free cortisol test. It gives information about what the test is for and how it is carried out.

What is a urinary free cortisol test?

It is a test to measure the amount of free cortisol in your urine over a 24 hour period. It is used to screen for Cushing's syndrome, a condition in which too much of the hormone cortisol is produced by the adrenal glands. You will collect the urine at home.

Occasionally other conditions, such as major depression, alcoholism, stress, obesity, kidney failure, pregnancy or uncontrolled diabetes, can cause increased urinary cortisol levels.

What should I do before the test?

Please let us know if you are currently taking any medication (prescription or non-prescription) containing **steroids**, or you have taken them in the past, as we will need to give you special instructions about this.

You should continue to take all your other prescribed medication and treatments as usual, unless you are instructed to do otherwise.

How do I collect a 24 hour urine specimen?

The accuracy of the test is dependent upon how well you are able to collect the specimen so please make sure you follow these instructions:

- Collect a specimen container before leaving the department. If the container contains preservative, do not get rid of this – please leave it in there. Keep the container out of reach of children.
- Drink your normal fluid intake during the day before and the day of collection. Do not drink more than normal.
- The 24 hour period begins when you get up in the morning and empty your bladder. Do not collect this urine but do write down the time and date you urinated on the specimen container label.
- For the next 24 hours, collect all your urine – day and night – until the final collection. This is when you empty your bladder the next morning, about 24 hours from the time of your first urine marked on your specimen container. Include this last sample in the collection jug along with all the other samples.
- Keep the specimen container in a cool place – refrigerate it if possible.
- Ensure that you label the container correctly (including the time) otherwise it will be not be able to be analysed.
- Return the specimen to Russells Hall Hospital, Pathology Department as soon as possible after the last collection. Please ask a member of pathology reception staff to check the sample is correctly labelled.

How will I find out the results of the test?

Usually, the results are available about two to three weeks after you have given us the specimen. You will receive a letter informing you of the results and if any further tests need to be performed. If the results are abnormal, we will send you an appointment for a member of the endocrine department to discuss further tests and treatment with you.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact one of the telephone numbers below between the hours of 8.30am to 5pm, Monday to Friday only:

Diabetes and Endocrinology secretaries: via Russells Hall Hospital switchboard number: 01384 456111 ext 3435 / 3489

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/diabetes-and-endocrinology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔