



## **PATIENT INFORMATION**

# **Cortisol Profile**

### **What is it for?**

The Cortisol profile is performed to help the medical team find out if the dose of replacement steroid you are taking is too much or too little. It is important for people on replacement steroids that the dose is enough to ensure you remain well. We also need to ensure the dose is not excessive.

### **Is there any preparation?**

No, just take your normal medication.

### **What will happen?**

You will be asked to;

- Attend at around 9.30 am, this will be roughly 1- 2 hours after your morning dose of steroid.
- Confirm how much you took, and at what time.
- Attend at around 12.30 pm and 4.30 pm **BEFORE** taking lunchtime and evening steroid doses.

You will have a simple blood test taken at each time point and you will be able to come and go between each test and carry out normal daily activities. You are however welcome to wait in the unit between tests if you would prefer to do so.

### **Are there any side effects or risks?**

There is some potential for some bruising where the blood tests have been taken but there are no other risks during this test. **Please inform the nursing staff if you are prone to fainting or being unwell when having blood taken.**

### **When will I know the result?**

You will generally be notified by letter 1-2 weeks after the test if any changes to your steroid doses are required.

### **What if I can't come?**

Please phone our Co-ordinator or TAIRU reception on 01803 655600. Your appointment can then be rearranged.

**If you have any questions about this leaflet or would like some further information please contact: TAIRU Co-ordinator - Tel: 01803 655600**