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To use the Text Relay service, prefix all numbers with 18802.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Ashford, Middlesex
TW15 3AA
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Overnight Dexamethasone Suppression test

Department of Endocrinology



Overnight Dexamethasone Suppression Test

What is this test for?

Your doctor has referred you for an overnight Dexamethasone suppression test which is to see if your body is making too much of a natural steroid hormone, cortisol. Too much of this hormone may cause a condition called Cushing's syndrome. Cortisol is produced by the adrenal glands, which are just above the kidneys, in response to instructions from the pituitary gland, which is a small gland beneath the brain.

Why this test and not a different test?

Your doctor has chosen this investigation as it is the easiest outpatient investigation to perform to exclude the diagnosis of Cushing's syndrome.

How do I do this test?

You will have been prescribed Dexamethasone tablets to take at 11pm. You need to take these and then attend for a 9am blood test the following morning. A single dose of Dexamethasone is very unlikely to have any side-effects. This procedure is performed as an outpatient.

Do I need to stop any of my tablets for the test?

Certain medications must to be stopped prior to the test. Oestrogen containing preparations, including the oral contraceptive pill and hormone replacement therapy, must be stopped for 6 weeks prior to the test. Where appropriate you will need to use alternative forms of contraception. Please inform the person taking the blood test of any steroid containing medications

that you are taking and whether you are taking Rifampicin, Phenytoin, Phenobarbitone and Carbamazepine.

What will happen after the test?

We will send your blood samples to the laboratory for analysis. After you have had the procedure you will typically be seen in the outpatient clinic within 6 weeks when your endocrinologist will discuss the results with you. They will advise you about other tests you might need.

Do I have anyone to contact?

If you have any questions about the test please contact the endocrinology secretaries on 01932722306 and they will arrange for a clinician to call you back.

Patient self-help groups and further information:

The Pituitary Foundation

PO Box 1944

Bristol BS99 2UB

www.pituitary.org.uk

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk

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Version: 1

Published: Dec 2010

Review: Dec 2013