

Metyrapone and ketoconazole day curve test



Information for patients with Cushing's Disease or Cushing's Syndrome attending King's College Hospital only.

This information leaflet answers some of the questions you may have about the metyrapone and ketoconazole Day Curve test. It explains how you need to prepare for the test and what you can expect when you come into hospital.

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your **name** and **date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

If we don't ask these questions, then please ask us to check.

Ensuring your safety is our primary concern.

What is a day curve test?

A day curve test is a series of blood tests which measure your average cortisol level. You have a condition called Cushing's syndrome and are taking metyrapone and/or ketoconazole to control your steroid hormone (cortisol) levels. Your endocrine doctor has referred you for this blood test to check that your medicine is working and that the dose is at the right level.

Do I need to prepare for the test?

You can eat and drink normally on the day of your test. We will ask you to provide a urine sample that you have produced at some point over a 24 hour period. You will need to collect a sterile container from our unit before the test, and give it back when you come in for the test.

Can I take my medications?

On the day of the test

Ketoconazole or metyrapone: you should take your dose as normal. Please tell the nurse at what time you have taken them.

Hydrocortisone: we will have asked you to stop these doses during the urine collection and on the day of the test. For more information, contact your keyworker or one of the endocrine nurse specialists before your test (page 4).

A month before the test

Oestrogen replacement (HRT): if you are taking this or the oral contraceptive, you need to stop four weeks before the test. Discuss this with your keyworker or one of the endocrine nurse specialists.

You do not need to stop taking the progesterone mini-pill.



Take all other medications as normal and bring them with you if you need to take them while you are in hospital.

What happens when I arrive for my test?

We ask you to arrive at the Endocrine Programmed Investigation Unit (PIU) by 10am.

You will be seen by a nurse who will explain what will happen during the test and prepare you for it. They will take your blood pressure, weight, and record your medications. A nurse will then put a cannula into your arm to take blood for the test.

What happens during the test?

We will take blood samples every two hours, over six hours. After each sample, we will put saline into the cannula to clean it. The test will take six hours.

Between these times you can leave the unit if you want to. If you are in over lunchtime, we encourage you to bring some food with you.

What happens after the test?

We will take the cannula out of your arm and put on a small dressing. We will give you a date for your next appointment and you can then go home.

The endocrinology team will review your results and if any changes need to be made to your treatment, they will contact you and your GP (home doctor). We may ask you to provide your home and mobile number and e-mail address, so that we can contact you.

Prescription

The first medication dose will be at your consultant's discretion. The normal first dose will be metyrapone 500mg, three times a day, for pituitary Cushing's and metyrapone 250mg, three times a day, for adrenal Cushing's.

We will give you an outpatient pharmacy prescription at each visit.

Will I need a follow-up appointment?

While you are taking metyrapone and/or ketoconazole, we will need to continue monitoring you. For the first eight weeks, you will be seen in the endocrine unit (PIU) every two weeks and then every two-four weeks after that, depending on how stable your treatment is.

If you are on long-term treatment, we sometimes (on the advice of the consultant) offer appointments every two months.

Who do I contact with queries and concerns?

If you have any questions about your test, please call the Endocrine PIU on **020 3299 3034** 9am - 4pm, Monday - Friday.

If out of hours you can leave a message and one of our practitioners will return your call as soon as possible.

If you can't make your appointment for any reason, please let us know as soon as possible and rearrange.



Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleden Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601**

Email: **kch-tr.palsdh@nhs.net**

You can also contact us by using our online form at

www.kch.nhs.uk/contact/pals

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.



Patient notes

Date	Time	Location