

# Dexamethasone suppression test



## Information for patients Endocrinology

Your doctor has asked you to have a blood test to find out the level of a hormone.

This hormone is called cortisol and too much of it can cause many symptoms and affect many parts of the body. Symptoms may include:

- General lethargy (feeling tired, lack of energy)
- Mood swings
- Weight gain around stomach area but legs and arms may remain slim
- Round red face
- Weak muscles
- High blood pressure
- Easy bruising
- Stretch marks on stomach
- Increased hair growth on face
- Reduced or no periods in women
- Reduced sexual drive

Dexamethasone is a tablet that should lower the level of the cortisol hormone. In people that produce too much of this hormone the level will remain high and further tests will be needed.

### What does the test involve?

The test involves taking 2 tablets (1mg) of dexamethasone at 11.00pm then coming to the Endocrine Investigation Unit at the Royal Hallamshire Hospital the following morning at 9.00am for a single blood test.

Please take the tablets given / sent to you at **11.00 pm**

Attend Endocrine Unit on ..... at **9.00 am**

If you have any concerns about this test, or if the date is not suitable, please telephone the Endocrine Unit on **0114 271 3714**.

Alternative formats can be available on request. Email: [sth.alternativeformats@nhs.net](mailto:sth.alternativeformats@nhs.net)

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