



University Hospitals Birmingham
NHS Foundation Trust



24hr Urinary Free Cortisol Collection

– information for patients

Building healthier lives

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

Your doctor has recommended you to collect urine samples for 24 hours so we can measure how much hormone (cortisol) your body is excreting through your urine.

Cortisol is a hormone produced by the adrenal glands, which sit above the kidneys. Cortisol production is controlled by the pituitary gland which is a tiny gland underneath the brain. This vital hormone is responsible for enabling your body to respond to stress and illness. Cortisol also regulates your immune system, blood pressure and blood sugar levels.

Preparing for your test

- A plain bottle for your collection (together with the laboratory request form) will be given to you when you visit the clinic
- If you are completing an overnight dexamethasone suppression test, it is very important to **collect your urine first before taking the tablet**
- You can eat and drink as normal

What will happen during the test?

- You should collect your urine for a continuous 24 hour period (it might be most convenient to do this during the weekend)
- Men might prefer to directly collect their urine into the bottle given to them when they visited the clinic
- Women may use a clean glass jar and then transfer the urine into the collection bottle
- At the start of your collection, you should empty your bladder (e.g. if you start collecting in the morning, you should discard the first urine you produce after getting up)
- Once you have emptied your bladder, you should collect all urine over the next 24 hours including the first urine you produce when getting up the next morning

- Once you have completed the urine collection, you will need to bring the urine sample to Outpatient Area 1A together with the **laboratory request form** that was given to you during your clinic visit
- There are no risks to your health during or following this test

What will happen after the test?

- The result of your test will be reviewed by the endocrinology doctor
- You do not have to contact the department for your test result as you will be contacted directly if necessary
- Your doctor will also be informed of the result of your test
- If necessary, you will be called back into the clinic to discuss the result especially if you need to start on any treatment
- Sometimes, it is also necessary for us to contact you by telephone, so please provide us with your home and mobile telephone numbers when you come in for your test
- **Please remember** to bring the laboratory request form with the urine sample when you hand in your sample to the nursing staff

Contact Details

If you have any queries please contact:

Endocrine Clinical Nurse Specialist Team

Email: EndocrineNurses@uhb.nhs.uk Tel: 0121 371 6950

If your call is not answered please leave a voicemail message stating your name, hospital number, contact number and your query. A member of the nurse team will return your call.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

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