



## Instructions for Adrenal Hormonal Testing

You have been diagnosed with a growth in your adrenal gland.

Usually these are not harmful in any way, but sometimes they can make hormones which can have unwanted effects on your body.

We can test for these with a simple blood draw, but it is very important that you are properly prepared for the day of the blood draw

### Steps

1. Pick up the medication that your doctor prescribed (dexamethasone 1mg) -- it is just one pill!
2. Your doctor may also prescribe a potassium supplement, which you should start taking as soon as you pick it up
3. **4 weeks before** the blood draw: stop taking the following medications
  - a. spironolactone, eplerenone
  - b. Amiloride, triamterene
  - c. Oral contraceptive pills - you may want to talk to the doctor who prescribes these to ensure you know how to safely restart them and are using alternative forms of contraception or if you are taking these pills for a specific medical condition
4. **1 week before** the blood draw
  - a. If you are on a low-salt diet, return to a normal salt intake
  - b. Do not use chewing tobacco or eat licorice
  - c. Stop the following medications
    - i. Tylenol
    - ii. Amitriptyline, doxepin, imipramine, nortriptyline or other “tricyclic” antidepressants -- talk the doctor who prescribes these to ensure you can stop these safely. If stopping these medications will be unsafe or harmful, alternative forms of testing may need to be considered
    - iii. Phenoxybenzamine - ensure your endocrinologist is aware of and approves of this plan
5. **The day before** the blood draw
  - a. Do not drink caffeine
  - b. At 11pm take the dexamethasone pill
6. **The day of** the blood draw
  - a. Try to arrive early to your appointment and relax in a seated or lying down position for at least 20 minutes before your blood is drawn
  - b. Ensure your blood is drawn before 9:30am