



Post-oncology Treatment Endocrine Screening Clinic

Building healthier lives

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Introduction

Welcome to the Endocrine Department at Queen Elizabeth Hospital Birmingham.

Why have you been referred?

You have been referred to our department by your oncology (cancer) doctor for screening of your hormones following your oncology treatment.

We are a specialist team which is led by Dr Toogood and Dr Gleeson (Consultant Endocrinologists), and supported by specialist nurses.

Some oncology treatment that you received could affect your body's ability to produce important hormones (e.g. radiotherapy or immunotherapy). For example, if you have had radiotherapy to the brain, this could affect the normal functioning of your pituitary gland. The pituitary gland is the so-called 'master gland' in the body as it controls all the other glands in the body that make important hormones.

If you are on steroid medication such as dexamethasone for a long period of time, this could affect your body's ability to produce your own steroid. Before your doctor can wean you off steroid medication, a simple test needs to be carried out to determine your body's ability to produce your own steroid, called cortisol.

What happens during my screening appointment?

You will be seen by a specialist nurse during your appointment. They will record your medical history along with details of any medications you are taking.

Your blood pressure, pulse, weight and height will be measured and blood samples will be taken to check your hormone levels.

You will also be asked to complete a quality of life questionnaire.

Your appointment will last for at least 1 hour (but not more than

2 hours). Please allow sufficient time for travel and parking.

What preparation is needed before my appointment?

You can eat and drink as normal before and during your appointment.

If you are taking any steroid medication (dexamethasone, prednisolone or hydrocortisone), you need to stop it for 24 hours before your appointment. Please bring your steroid medication with you so that you can take it immediately after your appointment. The specialist nurse will advise you when you can take this medication.

If stopping your steroid medication will cause a problem, please contact us as soon as possible to discuss this further.

Continue taking all your other medications as normal.

What next?

The results of all your blood tests can take up to 4 weeks to be reviewed.

A treatment plan will be formulated according to your blood results, which may include either re-screening, follow-up in the endocrine clinic, or further screening.

Most hormonal deficits can be corrected/supplemented with medication. Your endocrine specialist will discuss with you as appropriate.

A follow-up letter will be sent to you, your GP and your oncology consultant outlining the management plan and any treatment you will require.

If you decide not to attend the appointment, please cancel it so we can offer it to another patient.

Contact details

Please do not hesitate to contact us if you have any queries regarding this appointment.

Email: Endocrinewurses@uhb.nhs.uk

Phone: 0121 371 6950



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