

## Monitoring the Patient with Hyperadrenocorticism

There are two methods for assessing the efficacy of treatment in patient receiving trilostane (Vetoryl).

### Pre-trilostane cortisol concentration

It has been shown that assessing the response to ACTH stimulation in dogs on trilostane provides only a loose correlation between post-ACTH cortisol and clinical control.

A study in 2016 found that pre-trilostane cortisol concentration delivers as good an estimate of adrenal control as ACTH stimulation PROVIDED that the dog is clinically well controlled and is not showing signs of illness or hypoadrenocorticism.

### Protocol for Monitoring a Dog on Trilostane

Fasting is not necessary

- Collect a serum sample within one hour of the next treatment dose\*

\* the sample is taken between 23-24 h if on once a day treatment and 11-12 h if on twice daily treatment. Outside the one hour mark the results are difficult to interpret.

The recommended pre-trilostane cortisol concentration is 40-138 nmol/L

ACTH stimulation should be considered in dogs which are showing poor control or signs of illness while on trilostane.

### ACTH stimulation

#### Protocol for the ACTH Stimulation test

Fasting is not necessary

- Collect a baseline serum sample. Label "0"
- Give 5 ug/kg Synacthen IV or IM (maximum dose 250 ug)
- Collect serum 1 hour later. Label "1"

### Reference:

Pre-trilostane and three-hour post-trilostane cortisol to monitor trilostane therapy in dogs. L Macfarlane, T Parkin, I Ramsey. *Vet Rec.* 2016;doi:10.1136/vr.103744