

OUTPATIENT GP REFERRAL GUIDELINES

SOUTHERN ADELAIDE DIABETES and ENDOCRINE SERVICES (SADES)

Southern Adelaide Local Health Network (SALHN)

Adrenal Incidentaloma/ Mass

Adrenal masses are common incidental finding on imaging, particularly in older individuals, the majority are

- Benign – mostly are non-functioning (incidentalomas) but investigations to exclude hormone hypersecretion is an important aspect of investigation and management
- Primary adrenal carcinoma or secondary malignancies are uncommon causes

Information Required

- Presence of Red Flags
- Co-morbidities
- Current medications

Investigations Required

- Depending on clinical features, test for biochemical evidence that the mass is functioning
- Electrolyte and Aldosterone/renin ratio if hypertension is present to screen for primary hyperaldosteronism
- 1mg overnight dexamethasone suppression test to screen for Cushing's syndrome
- Plasma or 24-hour urine metanephrines to screen for pheochromocytoma
- Current and previous CT or other imaging

Fax Referrals to

GP Plus Marion

7425 8687

GP Plus Noarlunga

8164 9199

Red Flags

- 🚩 Symptoms of mass effect (rare)
- 🚩 Features suggestive of malignancy (see below) or phaeochromocytoma
- 🚩 Severe hypertension or hypokalaemia

Suggested GP Management

Refer Urgently to Endocrine clinic if:

- There are features on imaging (CT) suggestive of
 - adrenocortical carcinoma (e.g. size greater than 4 cm
 - irregular borders etc as reported by radiology)
- There is evidence (clinical or biochemical) that the mass is functioning
 - Excess glucocorticoid (Cushing's syndrome)
 - Excess mineralocorticoid (primary hyperaldosteronism)
 - Pheochromocytoma
 - Excess oestrogen or androgens

If none of the above features are present a non-urgent referral is appropriate

Clinical Resources

- AACE/AAES Medical Guidelines for the Management of Adrenal Incidentalomas.
<https://www.aace.com/files/adrenal-guidelines.pdf>

General Information to assist with referrals and the and Referral templates for SALHN are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients and SAFKI Medicare Local website www.safkiml.com.au

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