University of Vermont Health

UVM Health ENDOCRINOLOGY Referrals/Consult

All referrals must include the most recent visit note and imaging reports. Be sure imaging done outside UVMH is sent to UVMMC Film Library with reports.

For any thyroid testing, instruct patients to discontinue anything with biotin in it for at least a week prior to thyroid function testing.

Below we offer guidance for popular referrals. Referrals are considered routine/next available unless indicated otherwise below.

ADRENAL MASS

Required labs:

- One of the following: 1mg overnight dexamethasone suppression test OR salivary cortisol OR 24 hr urine for cortisol
- Either plasma OR 24 hr urine for metanephrines
- BMP

Request urgent referral for:

- Adrenal nodules greater than 4 cm in size
- Patients under 40 years old with adrenal mass concerning for malignancy

THYROID DISEASE, THYROID CANCER AND NODULES

Required labs:

- TSH, Free T4, or thyroid cascade (within 1 month). For thyroid cancer or nodules, indicate thyroid cancer pathology (FNA or thyroidectomy) in referral question.

Request urgent referral for:

- Pregnant patients (indicate expected delivery date in the referral question)
- New symptomatic hyperthyroidism

University of Vermont Health

PREDIABETES/DIABETES

Required labs:

- Hemoglobin A1c and BMP or CMP (within 3 months)

Request urgent referral for:

- Pregnant patients (indicate expected delivery date in the referral)
- *New* diagnosis of Type 1 Diabetes

OSTEOPOROSIS

Required labs:

- 25 -Vit D, PTH, CMP or BMP, CBC (within the last 6 months)

Imaging:

- DXA (within the last 2 years). If a fragility fracture, DXA is not needed.

We prioritize referrals for the following:

- Severe osteoporosis (T-score ≤ -3)
- Multiple fractures on treatment
- History of renal transplantation
- Discontinuation of denosumab/other medication: denosumab, abaloparatide, teriparatide, romosozumab are discontinued, and assistance is needed with subsequent therapy. Indicate in Referral question when the patient will be completing treatment.

Request urgent referral for the following (referrals from orthopedics or neurosurgery only):

- Initiation of anabolic therapy