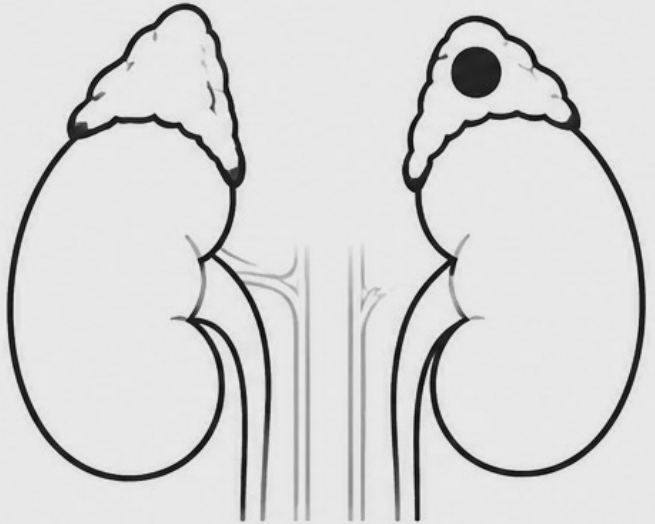




National University
Hospital



Understanding Your CT Scan Results

A Guide to Incidental Findings – Adrenal

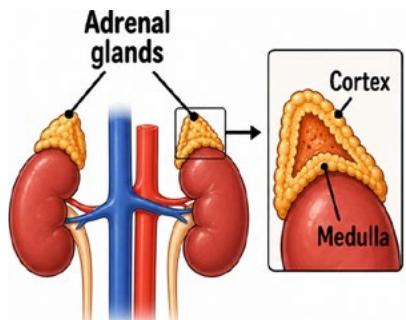
What is an incidental finding?

Sometimes, when doctors take pictures of your chest (called a CT scan), they spot something that wasn't the reason for the scan. This is called an incidental finding. Think of it like having your photo taken and someone noticing something in the background. Most of the time, these findings are harmless, but your doctor wants to make sure you know about them and get any help you might need.

Adrenal Nodule

At a glance summary:

- The **adrenal glands** are two small pyramid-shaped glands that sit on top of your kidneys. They make hormones that help control your blood pressure, energy, and stress response.
- A **nodule** is a small lump of cells found inside the gland. These can be common and may cause no problems.
- You have been given this leaflet because a small nodule has been found in your adrenal gland. In most cases, this is not a cause for concern and may not require any further tests or treatment. However, depending on the findings, your doctor may recommend further investigations or referral to a specialist. Please see below for more details.



What was found?

A small growth (called a nodule) was found on one of your adrenal glands- two small pyramid-shaped glands that sit on top of your kidneys. They produce hormones that help control your blood pressure, energy, and how your body handles stress. It can be common for adrenal nodules to be found by chance during scans performed for other reasons.

Is it serious?

In most cases, small adrenal nodules found by chance do not affect your hormones or health. Your doctor will check whether you have any symptoms that might suggest the nodule is causing a hormone problem- such as **headaches, sweating, palpitations, unexplained weight changes, high blood pressure, or muscle weakness**. If you experience any of these symptoms, please inform your doctor as you may require additional blood tests and, in some cases, referral to a specialist.

Tell your doctor if anyone in your family has had adrenal problems, or if you notice new symptoms

What happens next?

If your nodule is small (less than 1 cm) and you have no worrisome symptoms, no further tests are needed right now. This is in line with current medical guidance. If your nodule is 1 cm or larger, or you do have concerning symptoms or relevant family history, your doctor will refer you to a specialist for further blood and/or imaging tests.

This leaflet is a guide only. Your doctor will advise on what is most appropriate for your individual situation. Please do not hesitate to ask any questions.

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.nuh.com.sg



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more information

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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