

Policy #:	813 (PLH-813-03)	Effective Date:	9/30/2004	Reviewed Date:	2/4/2011
Subject:	CORTISOL STUDIES				
Approved by: Laboratory Executive Director, Ed Hughes (electronic signature)					
Approved by: Laboratory Medical Director, Mark P. Burton, MD (electronic signature)					

CORTISOL STUDIES

To access normal adrenal gland function, all that is required is an 08:00 and 16:00 Cortisol sample.

The normal diurnal change is not observed in Cushing's Syndrome. The a.m. and the p.m. levels will be elevated. An additional test is the Dexamethasone suppression test.

Cortisol Suppression Test:

1. Doctor writes order for suppression test and administration of dexamethasone. One milligram of dexamethasone is ingested by patient between 23:00 and midnight.
2. The next morning request that a 08:00 cortisol be drawn by the laboratory. Please order the test timed in an Urgent category.

Cortisol Stimulation Test:

Also ordered as ACTH Stimulation test

1. Request a baseline cortisol be drawn at 08:00.
2. Doctor should write order for 250 micrograms of cosyntropin (ACTH) be given I.M. or I.V. **Notify the lab immediately after cosyntropin is administered. Please call the Phlebotomy Dispatch area at 16838 when a stimulation is ordered on the floor.**
3. Timed specimens for cortisol should be requested in Cerner. Floor will need to go out of current screen to order different timed specimens. Doctor should specify times of collection. If not, the routine times are 30, 60, 90, & 120 minutes following administration of cosyntropin.