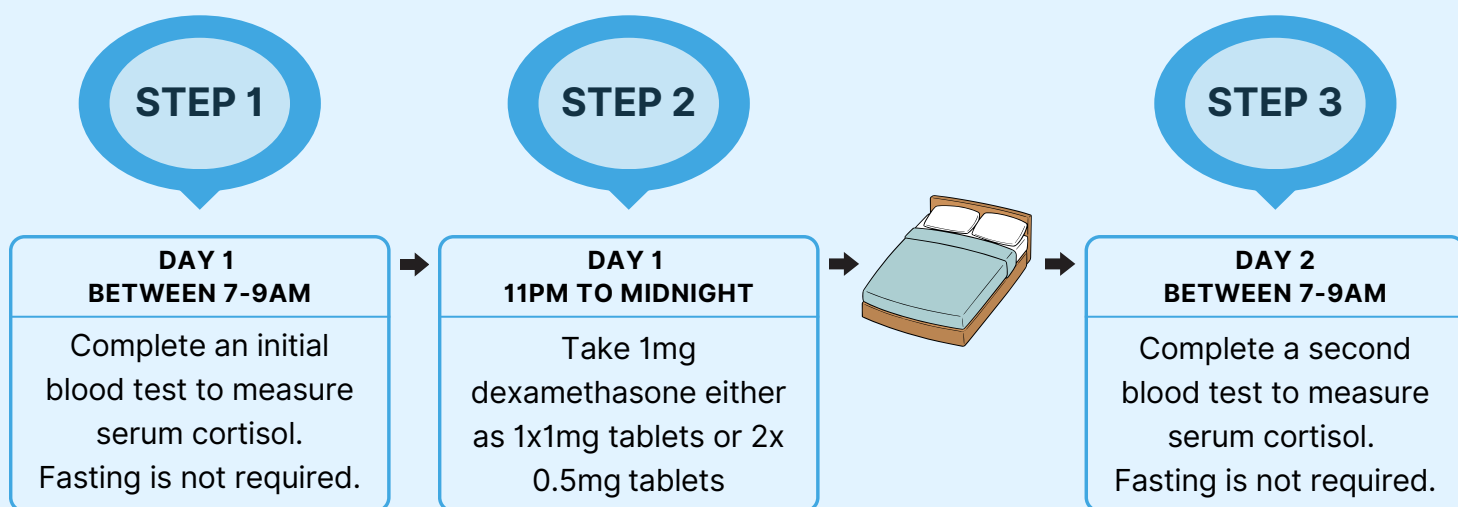


1-MG DEXAMETHASONE SUPPRESSION TEST PATIENT INSTRUCTIONS



Frequently asked questions

What if I forgot to take the 1mg dose at midnight? Or only took 0.5mg?

If you have forgotten to take the dexamethasone, or taken less than 1mg, the test will need to be repeated. Contact the clinic for another set of forms and medication.

Is it okay to have the morning blood test done later than 9am?

Results from blood drawn after 9am can be difficult to interpret, and you may need to repeat the test.

Can I take the medication earlier than 11pm?

Proper interpretation of the results requires the medication is taken between 11pm to midnight. If you are unable to stay awake until 11pm, make a note of the time you took the medication and go for your day 2 blood collection as close to 7am as possible.

What does cortisol do?

Cortisol has many functions that are vital to body's function, including blood pressure control, blood sugar control and helping the body respond to stress. An excess of cortisol can lead to consequences such as abnormal glucose levels, loss of bone, and changes in the fat distribution within the body.

How does this test assess for cortisol excess?

Cortisol levels are controlled by 'negative feedback', so that when an excess of cortisol is detected, the body's own production diminishes.

The tablet dexamethasone simulates this cortisol excess, and this test allows us to see if the body appropriately reduces the cortisol production the following morning.



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References:

1. Fishbach FT. A manual of laboratory and diagnostic tests. 7th ed. Philadelphia, PA: Lippincott Williams & Wilkins; 2003.
2. Nieman LK, Biller BMK, Newell-Price J, et al. The diagnosis of Cushing's syndrome: an Endocrine Society Clinical Practice guideline. J Clin Endocrinol Metab. 2008;93(5):1526-1540.