

Policy #:	813 (PLH-813-06)	Effective Date:	9/30/2004	Reviewed Date:	8/1/2016
Subject:	CORTISOL STUDIES				
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CORTISOL STUDIES

Dexamethasone Suppression Test (DST), Low Dose

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. Expected result: serum cortisol 0-5 mcg/dl.

Cosyntropin (ACTH) Stimulation Test

1. Order a Cortisol, Pre-Dose to be drawn at 8 a.m.
2. Doctor should write order for 250 micrograms of cosyntropin (ACTH) be given I.M. or I.V. **Nursing should notify lab immediately after cosyntropin is administered. Med Form should be placed on door when orders initiated for logging in and documenting medication administration and collection. Dispatch area may be called at 1-6838 when administration occurs.**
3. Cortisol, Post dose requests should be requested in CERNER HIS system. Provider making order would need to go out of current screen with Pre-dose order or correct requested start time to at least one hour past Pre-Dose order. Doctor should also specify times of collection after dosage as a comment or written instruction. Routine times are 30-60 minutes post dose. Expected result: >20mcg/dl at 30-60m.
4. Alternately the ACTH Stimulation power plan can be used to initiate the orders with comments and projected order times already in place.