



Dexamethasone suppression test

This test measures cortisol before and after dexamethasone to check if a patient's cortisol levels are under normal physiological control. In normal patients, correctly prepared as below, cortisol levels are expected to be suppressed on the post sample.

There are no dietary requirements for this test. You are required to make an appointment. Please phone your nearest collection centre, or Patient Services Support on 1300 732 030.

The test requires you to attend the Collection Centre at 9 am on two consecutive mornings. If your Doctor has not specified the dosage you will be given two tablets (1 mg of Dexamethasone) to take at 11 pm on the evening of the first day. The tablets should be stored in a cool dark place until taken. The collector will confirm with you, on the morning of the second day if you took the tablets at 11 pm as required.

Dexamethasone can be upsetting to the stomach so should be taken with food or milk.

You may be required to perform a 24 hr urine collection as well. This needs to be collected prior to having the blood tests done. Your collector will be able to assist you with these instructions when you make your appointment.