



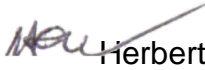


Memorandum – Core #212

To: UNC Medical Center, UNC Hospitals Physicians Specialty Clinic, and Eastowne

From:  Donald Caraccio, MD
Medical Director, Division of Endocrinology and Metabolism
UNC Medical Center

 Steven W. Cotten, PhD
Director of Automated Chemistry
UNC Medical Center

 Herbert C. Whinna, MD
Medical Director, McLendon Clinical Laboratories
UNC Medical Center

Date: July 24, 2024

Subject: New Test Menu Option, Low Dose Dexamethasone Suppression Testing – Cortisol

Effective 07/25/2024, UNC Medical Center, Core Chemistry will offer a new test option called Low Dose Dexamethasone Suppression Testing - Cortisol for Low Dose Dexamethasone Suppression Testing (LDDST). The new LDDST-Cortisol order has specific reference ranges and does NOT have a critical value.

	Cortisol (LAB61)	LDDST – Cortisol (LAB17021)
Reference Range	NONE*	< 1.8 µg/dL
Critical Value	< 1.5 µg/dL	NONE

*Reference ranges are currently appended in a comment but not flagged in EPIC

This test is intended to rule out Cushing syndrome (CS) in patients with suspected hyper cortisol states after overnight 1 mg dexamethasone administration. Serum cortisol under 1.8 mcg/dL suggest adequate HPA axis suppression by dexamethasone to exclude CS¹. Cortisol values greater than 1.8 mcg/dL should be verified with 24-hour urinary free cortisol and/or late-night salivary cortisol before establishing a confirmed diagnosis.²

For questions please contact:

1. Medical Director, Division of Endocrinology and Metabolism, UNC Medical Center:
Donald.Caraccio@unhealth.unc.edu.
2. Director of Automated Chemistry, UNC Medical Center:
Steven.Cotten@unhealth.unc.edu

References

1. Dogra P, Vijayashankar NP. Dexamethasone Suppression Test. [Updated 2024 May 28]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK542317/>
2. Lynnette K. Nieman, Beverly M. K. Biller, James W. Findling, John Newell-Price, Martin O. Savage, Paul M. Stewart, Victor M. Montori, The Diagnosis of Cushing's Syndrome: An Endocrine Society Clinical Practice Guideline, The Journal of Clinical Endocrinology & Metabolism, Volume 93, Issue 5, 1 May 2008, Pages 1526–1540, <https://doi.org/10.1210/jc.2008-0125>