

Endocrinology Clinic

Appendix: Dexamethasone Suppression Test

Overnight dexamethasone suppression test method: the patient will take 1 mg of dexamethasone at 11 pm and have blood drawn at 8 am for a serum cortisol measurement.

Drugs that can affect test results include:

- Barbiturates
- Corticosteroids
- Estrogens
- Oral birth control (contraceptives)
- Phenytoin
- Spironolactone
- Tetracyclines

How to perform dexamethasone suppression test: (Low-dose overnight method)

Procedure:

Patient takes one milligram of dexamethasone by mouth at 11 pm.

Draw a Serum Cortisol (7 ml in a red top tube) at 8 am the following morning and send to the laboratory.