

Care Gram

Dexamethasone Suppression Test

About this Test

The Dexamethasone Suppression Test is performed when your doctor suspects that your body is producing too much cortisol. Cortisol is a hormone produced by the adrenal glands. Too much cortisol can cause a broad range of side effects. During this test, you will receive dexamethasone (a cortisol-like substance), and your cortisol level will be measured.

How to Prepare for the Test

1. You will be prescribed a 1 mg tablet of dexamethasone and orders for lab blood tests.
2. An order for the dexamethasone tablet will be sent to your pharmacy of choice.
3. Take the dexamethasone tablet with water between 11:00 p.m. and 12:00 midnight, the night before your test.
4. After you take your dexamethasone tablet, do not eat or drink anything other than water until after your test.
5. Go to the Lab the next morning at 7:30 a.m., to have your blood drawn at 8:00 a.m.
6. Tell staff that you have a timed test to be drawn as soon as you arrive.

Note: No other blood tests can be drawn after you have taken the dexamethasone tablet unless special ordered by your doctor.

How to Obtain Your Results

We will contact you with your results when all testing is complete.

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, Ohio 43055
(220) 564-4000 • www.LMHealth.org

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