



Endocrine and Metabolic Disorders Institute, PLLC

Specialized Care for Glandular, Hormonal and Metabolic Disorder

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DEXAMETHASONE SUPPRESSION TEST

How the Test is Performed

During the test, you will receive dexamethasone. This is a strong man-made (synthetic) glucocorticoid medication. Afterward, your blood is drawn so that the cortisol level in your blood can be measured.

Low-dose overnight- you will take 1 mg of dexamethasone at 11 p.m. with water. (**Please do not eat or drink anything after taking the pill until your blood is drawn**). The health care provider will draw your blood between 8 a.m- and 9 a.m. the following morning for a cortisol level. (**Please arrive at 8 a.m. to ensure no delay.**)

How to Prepare for the Test

The health care provider may tell you to stop taking certain medicines that can affect the test, including:

- Antibiotics
- Steroids
- Estrogen
- Oral birth control (contraceptives)
- Water pills (diuretics)