

## Dexamethasone, Serum

**Test ID:** DEXA

**Useful for:**

Confirming the presence of dexamethasone in serum

Confirming the cause of secondary adrenal insufficiency

This test is **not useful** as the sole basis for a diagnosis or treatment decisions.

**Methods:**

Liquid Chromatography-Tandem Mass Spectrometry (LC-MS/MS)

**Reference Values:**

Baseline: <30 ng/dL

8:00 a.m. following 1 mg Dexamethasone, previous evening: >100 ng/dL

8:00 a.m. following 8 mg Dexamethasone, (4 x 2 mg doses) previous day: >800 ng/dL

**Specimen Requirements:**

**Preferred:** Red top

**Acceptable:** Serum gel

**Specimen Volume:** 2.0 mL

**Collection Instructions:**

1. Draw blood between 7:30 a.m. and 9:00 a.m. the morning following an evening dose.
2. Centrifuge and aliquot serum into plastic vial within one hour of collection.

**Minimum Volume:** 0.6 mL

**Specimen Stability Information:**

Specimen Type	Temperature	Time
Serum	Frozen (Preferred)	28 days
	Ambient	72 hours
	Refrigerated	7 days

**Cautions:**

Lack of detection does not preclude use of dexamethasone because adrenal suppression may persist for some time after the exogenous steroid is discontinued.

**CPT Code:**

80299

**Day(s) Performed:** Tuesday, Thursday

**Report Available:** 2 to 5 days

**Note:**

The following referral test code(s) will become obsolete.

Test Name	Test ID	Referral Lab Code	Referral Lab
Dexamethasone	FDXM	500140	Esoterix Endocrinology Interface

**Questions**

Contact Joshua Yang, Laboratory Technologist Resource Coordinator at 800-533-1710.