



## Special Testing

### Patient Information

*All 24 hour urine collections should be marked with "start time" and "stop time" with the date.*

#### **24 hr Urine Calcium Collections**

Do not include the first morning specimen; collect all subsequent voidings for a 24 hour period. Collect urine in the toilet hat, then pour into the collection container. Refrigerate during and after collection. The last specimen collected should be the following morning voiding at the same time as the previous morning first void.

Return container to Modern Endocrine's Lab.

#### **24 hr Urine Cortisol with Creatinine Collections**

Patient needs to be off any steroid medications (i.e. FLonase, Prednisone, Hydrocortisone, etc.) for 24 hours. If a patient has had a Dexamethasone Suppression Test, wait at least 5 days before collecting urine samples.

Do not include the first morning specimen; collect all subsequent voidings for a 24 hour period. Collect urine in the toilet hat, then pour into the collection container. Refrigerate during and after collection. The last specimen collected should be the following morning voiding at the same time as the previous morning first void.

Return container to Modern Endocrine's Lab.

#### **24 hr Urine Catecholamines with Creatinine**

It is preferable for patients to be off medication 3 days prior to collection. Common antihypertensives (diuretics, ACE inhibitors, Calcium Channel Blockers, Alpha and Beta Blockers) may cause minimal or no interference.

Do not include the first morning specimen; collect all subsequent voidings for a 24 hour period. Collect urine in the toilet hat, then pour into the collection container. Refrigerate during and after collection. The last specimen collected should be the following morning voiding at the same time as the previous morning first void.

Return container to Modern Endocrine's Lab.

#### **24 hr Urine Metanephrines with Creatinine**

It is preferable for patients to be off medication 3 days prior to collection. Please avoid tobacco, tea, and coffee for 3 days prior to collection. Common antihypertensives (diuretics, ACE inhibitors, Calcium Channel Blockers, Alpha and Beta Blockers) may cause minimal or no interference. Medications that are Alpha Agonists (Aldomet) or Alpha blockers (Dibenzylidine) should be avoided for 18-24 hours prior to specimen collection.

Do not include the first morning specimen; collect all subsequent voidings for a 24 hour period. Collect urine in the toilet hat, then pour into the collection container. Refrigerate during and after

collection. The last specimen collected should be the following morning voiding at the same time as the previous morning first void.

Return container to Modern Endocrine's Lab.

### **Cortisol, Total**

Cortisol is most accurate in the early mornings, due to its peak overnight. An 8am blood draw is ideal for a most accurate reading of adrenal function.

Steroids will interact with the results- Patient needs to be off any steroid medications (i.e. FLonase, Prednisone, Hydrocortisone, etc.) for 24 hours.

This is a laboratory blood draw.

### **ACTH, Plasma**

Most accurate when collected between 8am and 10am.

This is a laboratory blood draw.

### **Dexamethasone Suppression Test**

You will be prescribed a 1 mg Dexamethasone tablet by your physician. You will take this tablet between 11pm and midnight and return to the Lab for a blood draw between 8am-9am the next morning. This is a laboratory blood draw.

Wait for at least 5 days before completing a 24 hr urine cortisol or salivary cortisol collection.

### **ACTH Stimulation Test**

Baseline ACTH/Cortisol lab draws will be completed between 8am-10am (preferably as close to 8am as possible for accuracy). The Physician's staff will administer a 0.25 mg intramuscular cosyntropin injection. There will be a repeat ACTH/Cortisol blood draw 30 and 60 minutes from the time of injection. A total of 3 blood draws with 1 injection, this testing takes around 90 minutes.

### **Elevated Cortisol Protocol**

**DAY 1:** PM - Salivary swap #1 at 10pm

**DAY 2:** AM - use the restroom and follow the “**24 hr Urine Cortisol with Creatinine Collections**” instructions. Please include start time on the container!

- PM - Salivary swap #2 at 10pm

**DAY 3:** AM - complete the urine collection. Please include stop time on the container!

- PM - Salivary swap #3 at 10pm

- TAKE DEXAMETHASONE TABLET AT 11PM

**DAY 4:** AM - blood draw at 8am

**\*\*bring urinary and salivary collections to lab\*\***