

HOTLINE: Effective February 22, 2022

0070030

Cortisol, Serum

CORTISOL

**Methodology:** Quantitative Electrochemiluminescence Immunoassay

**Specimen Required:** Collect: Serum separator tube (SST) or plain red, green (lithium heparin), Lavender (K<sub>2</sub> EDTA and K<sub>3</sub> EDTA), or pink (K<sub>2</sub> EDTA).  
Specimen Preparation: Allow specimen to clot completely at room temperature. Separate from cells ASAP or within 2 hours of collection. Transfer 1 mL serum to an ARUP Standard Transport Tube.(Min: 0.6 mL)  
Storage/Transport Temperature: Refrigerated.  
Unacceptable Conditions: Saliva (refer to Cortisol, Saliva, ARUP test code 0081117).  
Stability (collection to initiation of testing): After separation from cells: Ambient: 24 hours; Refrigerated: 4 days; Frozen: 12 months (avoid repeated freeze/thaw cycles)

**Interpretive Data:**

6 a.m. - 10 a.m. reference interval: 6.0-18.4 µg/dL

4 p.m. - 8 p.m. reference interval: 2.7-10.5 µg/dL

8 hrs post 1 mg dexamethasone given at midnight: 0.0 - 5.0 µg/dL

Normal peak serum cortisol is greater than 18.0 µg/dL at 30 or 60 minutes after 250 micrograms of cosyntropin I.V.