

Dexamethasone Suppression Test (DST) Protocol

Patient Information

Name: _____ Date of Birth: _____

Sex: _____

Medical History: _____

Current Medications: _____

Allergies: _____

Indication for DST

- Rule out Cushing's syndrome
- Investigate adrenal function
- Other (please specify): _____

Pre-Test Instructions

1. Dexamethasone Dosage:

2. Baseline Cortisol Measurement:

Instructions for Patient

Fasting Requirements:

Activity Restrictions:

Record Any Disruptions:

Sample Collection:

1. Baseline Cortisol: Collected blood for baseline cortisol measurement at _____ on the following day.
2. Post-Dexamethasone Cortisol: Collected blood for post-dexamethasone cortisol measurement at _____ on the following day.

Interpretation of Results

Normal suppression: Cortisol levels should be significantly lower in the post-dexamethasone sample compared to baseline.

Lack of suppression: Elevated cortisol levels post-dexamethasone may indicate adrenal dysfunction or Cushing's syndrome.

Interpretation Notes

Reporting:

Results Interpretation:

Clinical Implications:

Follow-Up

Notes