Clinical Use
- Monitor therapy or compliance
- Evaluate hypothalamic-pituitary-adrenal axis

Reference Range
- Baseline: \(<20\) ng/dL
- 8-10 AM, after 1 mg overnight dexamethasone: \(180-550\) ng/dL

Interpretive Information
- Dexamethasone administration

Clinical Background
Dexamethasone is a potent synthetic glucocorticoid widely used in medicine. The dexamethasone suppression test (DST) is a standard diagnostic tool for Cushing’s disease and has been applied to the evaluation of hypothalamic-pituitary-adrenal axis function in patients with psychiatric disease. The measurement of dexamethasone in serum allows the physician to assess compliance during therapy or when evaluating DST results.

Method
- Liquid chromatography, tandem mass spectrometry (LC/MS/MS)
- Analytical sensitivity: 20 ng/dL

Specimen Requirements
- 0.85 mL refrigerated serum (no additive red top tube); 0.25 mL minimum
- SST red top unacceptable
- Collect specimen between 8 and 10 AM.