Cortisol (AM) (CORT-AM)

Source: Cerba Lancet Africa

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TEST OVERVIEW

Test Name	Cortisol (AM)
Test Code	CORT-AM
Short Description	Cortisol (AM)

OVERVIEW

Test Name	Cortisol (AM)
Test Code	CORT-AM
Category	Immunoassay
TAT	Main Lab: 6, 8 Hour(s) Family Site: <8hrs, <6hrs
Specimen(s)	1 x Venous blood - 5 mL Tube - Gold - SST-Serum Separator Tube

SPECIMEN(S)

SST-Serum Separator Tube

Specimen Type	SST-Serum Separator Tube
Specimen Format	Tube
Specimen Colour	Gold
Specimen Volume	5 mL
Sampling Order	2
Origin	Venous blood
Collection time after baseline	-
Transport Temperature	15-25°C
Accepted Other Specimens	Serum Lithium Heparin Plasma Sodium Heparin Plasma

	EDTA Plasma
TAT	Main Lab: 6, 8 Hour(s) Family Site: <8hrs, <6hrs
Test Stability	Room Temp: 8 Hour(s) 2–8°C: 7 Day(s)

CLINICAL INFORMATION

Cortisol

Methodology	-
Specimen Type	SST-Serum Separator Tube
Delay before pre-treatment	8
Transport Temperature	15-25°C
Transport Stability at room temp	8 Hours
Transport Stability at 2–8°C	7 Day
Haemolysis interference	No

Clinical Interest

Cortisol is a steroid hormone produced by the adrenal glands.

Cortisol levels are regulated by a negative feedback loop in which the adrenal gland responds to increased levels of adrenocorticotropic hormone (ACTH) by increasing cortisol secretion. The pituitary gland reacts to high levels of cortisol by down-regulating ACTH production.

It plays a part in various functions in the body by regulating the body's response to stress, for example by modulating blood sugar and blood pressure, modifying energy and carbohydrate consumption or regulating the immune system to prevent excessive inflammation.

Cortisol levels fluctuate naturally throughout the day, with the highest levels in the morning and the lowest in the evening.

Cortisol levels are used as a direct measure of the state of the adrenal glands and as an indirect measure of pituitary hyper- or hypofunction.

- **Elevated cortisol levels** can be a sign of Cushing's syndrome, a condition in which the body produces excess cortisol. Regular cortisol testing helps monitor the effectiveness of treatment.
- **High cortisol** levels may be associated with adrenal tumours, pituitary tumours or ectopic tumours producing ACTH.
- **Low cortisol levels** may be a symptom of Addison's disease, a condition in which the adrenal glands do not produce enough cortisol.

PATIENT INFORMATION

Clinical Information Required	-
Patient Collection Notes	
	Collection between 8:00 and 10:00 a.m.

COMMENTS & NOTES

LOINC Code	679-5, 14679-5, 14678-7
Outwork	No