



If there is any chance you may be pregnant, please let us know when booking your appointment.

A Dexamethasone Suppression Test (DST) is requested when your doctor suspects you may have Cushing's syndrome (when your body has too much of the hormone cortisol). In a healthy person who takes dexamethasone, cortisol will be low the next morning.

Your doctor will give you a prescription for 2 x 0.5 mg Dexamethasone tablets, to be filled at your pharmacy and a pathology request form.

A blood specimen must be collected between 8 am and 10 am.

Call SA Pathology on 8222 3000 to book an appointment at a collection centre convenient to you.

For collection centre locations visit our website www.sapathology.sa.gov.au

Preparing for your test

- 1.** At 11 pm on the evening before your test, take both dexamethasone tablets orally.
- 2.** Note the exact time you took the medication as this information must be recorded on the request form by staff.
- 3.** Attend your appointment to have blood collected.



This document has been reviewed and endorsed by SQCAG* for consumers and the community – June 2022.

*SA Health Safety and Quality Community Advisory Group