

Cortisol Day Curve Test

(CORTISOL SALIVA AND SERUM HOURLY X 8 HOURS)

What is a cortisol day curve test?

This is a test ordered by your endocrinologist to assess your cortisol levels over the course of 8 hours.

How is the test performed?

An appointment will be scheduled for you to have the test performed. You will be provided with the location and arrival time. Please plan for at least 8 1/2 hours of testing.

An intravenous (IV) cannula will be inserted into a vein in one of your arms and will remain there for the duration of the test. All of your blood samples will be drawn through this catheter, so you will not require any further needle pokes.

You will also be asked to provide multiple timed saliva samples that will also be tested for cortisol and compared to the levels in your blood.

Once all the samples have been completed, the IV line will be removed and you will be able to go home.

Are there any risks or side effects to this test?

As with any blood test or IV insertion, you may have some bruising or redness at the site where the catheter was inserted. There is also a very small risk of infection.

How do I prepare for the test?

You will need to fast (no food or drinks other than water) after 10:00 pm the night before your test. Please DO drink water the morning of the test. You can bring snacks to eat once the test has started. If you are taking hydrocortisone, you should take this as you normally do at home, unless otherwise instructed by your physician.

What should I do if I need to cancel?

If you need to cancel your appointment, please call 519 646-6000 ext. 64424 and state your name and test date. It's important to know that there may be a delay in rescheduling your appointment as the availability of test times are limited. If you need to cancel, we ask that you call as soon as possible.