

Collecting Your Cortisol Between 0800 and 1000 hrs

Why we will ask you to come back between these hours

Cortisol is a component of blood which is released by the adrenal glands throughout the day with a maximum release in the early morning and which rapidly falls from 1000 Hr through the afternoon to a low point around midnight.

Your doctor is trying to determine if you are releasing too much or too little Cortisol and we can best assess that if the sample is collected between 0800 and 1000 Hrs. Because of the rapid fall in Cortisol after 1000 Hr if we collect the blood later in the day we may not be able to answer the question of, is there too much or too little Cortisol, for you and your doctor.

If I arrive after 10am, do I have to come back or can I just have it done now that I am here?

Yes we would prefer it if you could come back. If you have it collected now then we may not be able to assess whether you have too much or too little cortisol. This means that you will need to come back again with another request form. The decision is up to you so long as you are aware of the possible repeat attendance.

What about diurnal Cortisol tests?

Occasionally your doctor will order a diurnal or am/pm Cortisol test. In this instance we need to collect your blood between 0800 and 1000 Hr and again between 1600 (4pm) Hr and 1730 (5.30pm) Hr. If you attend in either of these time windows we will collect the blood and ask you to return for the other time window (and that may be tomorrow morning). If you have come outside these time windows then we will ask you to either come back later in the day and the next morning or come the next day for both collections. In this instance we compare the pm result to the am result to assist in answering the question of, too much or too little Cortisol.

Thank you for your consideration of the timing of this important test to help you and your doctor.

Please remember, we are here to help you. For further information please contact one of the collection centres listed overleaf.

ACT Pathology Collection Centres

- The Canberra Hospital - Ph 6244 2816
Mon - Fri 7.30 - 5.30
Saturday 8.30 - 12.15
- Calvary Hospital - Ph 6201 6270
Mon - Fri 7.30 - 5.30
Saturday 9.00 - 12.00
- Charnwood – Ph 6258 0787
Mon - Fri 7:30 – 4.30
- Gungahlin - Ph 6174 5264
Mon - Fri 7.30 - 4.30
Saturday 8.30 – 12.30
- O'Connor Shopping Centre - Ph 6262 7522
Mon - Fri 7.30 - 4.30
- Tuggeranong Health Centre - Ph 6293 4919
Mon - Fri 8.00 - 5.00
Saturday 8:30-12:00
- Belconnen Health Centre - Ph 6205 1315
Mon - Fri 8.00 - 5.00