

## Cortisol (AM) (CORT-AM)

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### TEST OVERVIEW

<b>Test Name</b>	Cortisol (AM)
<b>Test Code</b>	CORT-AM
<b>Short Description</b>	Cortisol (AM)

### OVERVIEW

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

### SPECIMEN(S)

#### SST-Serum Separator Tube

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

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

## CLINICAL INFORMATION

### Cortisol

<b>Methodology</b>	-
<b>Specimen Type</b>	SST-Serum Separator Tube
<b>Delay before pre-treatment</b>	8
<b>Transport Temperature</b>	15-25°C
<b>Transport Stability at room temp</b>	8 Hours
<b>Transport Stability at 2–8°C</b>	7 Day
<b>Haemolysis interference</b>	<input type="button" value="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