



<b>DATE:</b>	31 May 2021
<b>TO:</b>	Calgary and South Zone Physicians, Central Zone Sites Referring to Calgary, Nursing Staff and Laboratory Staff
<b>FROM:</b>	Clinical Biochemistry, South Sector, Alberta Precision Laboratories (APL)
<b>RE:</b>	<b>Change in Urine and Salivary Cortisol Testing Methodology</b>

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### Key Message

- Effective June 1, 2021, urine and salivary cortisol testing in Calgary and Southern Alberta will be performed by Liquid Chromatography-Mass Spectrometry (LC-MS/MS)
- Reference intervals will be updated for 24 hour urine and salivary cortisol as below to harmonize with the Edmonton zone

Test	Updated Range
Urine 24 Hour Cortisol	< 230 nmol/day
Salivary Cortisol	AM (07:00 - 09:00): 2.8 – 21.0 nmol/L PM (23:00 – Midnight): < 2.8 nmol/L

- Salivary cortisol reference intervals will be appended as comments and will no longer flag in Millennium, Netcare or SCM

### Why this is Important

- LC-MS/MS Methods are more specific than immunoassays, thus are less prone to interferences by exogenous or endogenous steroids
  - To accommodate the higher specificity, new reference intervals are employed
  - A comment will be appended stating the new methodology was used for testing
- AM and PM Salivary Cortisol test orders will be consolidated into a single orderable test
- Consult the Test Directory for details on how to obtain a Salivary Cortisol collection device and changes in Urine Cortisol reference interval

### Action Required

- No change for 24 Hour Urine Cortisol
- Salivary Cortisol will no longer flag as elevated

### Inquiries and feedback may be directed to

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### This bulletin has been reviewed and approved by

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