

Urinary Free Cortisol

Synonyms	UFC, urine cortisol, 24-hour cortisol
Clinical Indication	For the investigation of possible Cushing's disease.
Part of Profile / See Also	
Request Form	Combined Pathology manual Blood form or ICE request
Availability / Frequency of Analysis	Analysed by Clinical Biochemistry, King's College Hospital, if specific criteria met. (Synnovis 9067)
Turnaround Time	3-4 weeks
Patient Preparation	None
Sample Requirements	
Specimen Type	Urine
Volume	24-hour collection
Container	Plain 24-hour container. These can be collected from phlebotomy reception/laboratory reception at both Southend and Basildon Hospitals.
Reference Range & Units	Less than 200 nmol/24 hours
Interferences	Anomalous cortisol concentrations have been demonstrated in patients with acute infections, severe pain, diabetes mellitus, heart failure, and in women either pregnant or on oestrogen therapy.
Interpretation & Clinical Decision Value (if applicable)	<p>A normal result does not exclude Cushings, but makes it unlikely. Repeated measurement of urine cortisol may be required as some patients with Cushing's syndrome may have non diagnostic urine cortisol values. Normal urine cortisol excretion on three separate occasions excludes Cushing's syndrome.</p> <p>Cortisol production and therefore urinary excretion increases during stress, for example during surgery, acute illness and following trauma. Production (and hence excretion) may be reduced in starvation and in pregnancy.</p>
References	https://www.synnovis.co.uk/our-tests/urine-cortisol
Test code	24CO
Lab Handling	Weigh the urine and record the 24hr urine volume into the urine book. Aliquot into a fully labelled universal container and store at 4°C in the referrals rack. Ensure urine volume is written on the referral form. Samples are sent daily to King's College with the Global courier.