

It is important to be aware before conducting an HPA Axis and Stress Function test that some medications can impact results.

Medicine Category	Information	Can I do the test?
Asthma Inhalers	Steroid based asthma inhalers would impact the results of this test. If the inhaler is solely a Mast cell stabiliser, this would not technically affect the results, but as some Mast cell stabiliser asthma medication also contain steroids, asthma inhalers are in the category of medication which does have an impact upon the test. If asthma inhalers are not used for 48 hours, this would be a sufficient time to no longer impact the results of this test	NO (If taken within past 48 hours)
Antibiotics	There is no evidence that antibiotics affect cortisol or DHEA levels	YES
Antibody Therapy	There is no evidence that antibody therapy affects cortisol or DHEA	YES
Anti-Depressants	Please note there is a need for additional data to confirm if certain anti-depressants impact on cortisol levels. For example, certain studies have suggested that antidepressants do not directly impact results, whilst others have demonstrated that the use of SSRIs may cause a rise in cortisol levels in certain individuals	YES
Antihistamine Drugs	The use of antihistamine drugs (e.g. Claritin, Zyrtec, and Benadryl) will not affect the results, as these tests measure cortisol and DHEA and not histamine levels	YES
Blood Thinners e.g. warfarin	There is no evidence that blood thinners affect cortisol or DHEA levels	YES
Chemotherapy or Radiotherapy	There are so many different forms and individual effects of this type of treatment, that it is not possible to determine for certain if they would impact the results of this test. An HPA Axis and Stress Function test performed during/following chemo or radiotherapy may potentially be employed to assess the impact of these treatments upon an individual's HPA axis function	YES
DHEA, Pregnenolone or Progesterone Medication	These particular medications may affect results for several months after having stopped taking them	NO
Immunosuppressant	If the medication is not steroid based, then it would not have a detectable effect on these test results	YES
Painkillers e.g. paracetamol	At this time, we are not aware of any evidence of over-the-counter painkillers having an effect on cortisol or DHEA levels	YES
Steroids (see section above for guidance on asthma inhalers)	All forms, including any derivative of cortisol, will have a profound effect upon the cortisol measurements. This medication would need to be completely out of the system for 7 days, prior to performing this test	NO
Vitamins	Vitamins do not have a direct effect on cortisol and DHEA concentrations	YES
Supplements	Most over-the-counter supplements will not impact the results of the test	YES
Vaccines	Having recently had a vaccine will not impact the results of an adrenal test	YES

CAUTION: Do not make changes to prescribed medication without medical supervision

N.B. The information contained within this document is for guidance purposes only