Product information

Useŕs Manual

Distribuito in ITALIA da
Li StarFish S.r.l.
Via Cavour, 35
20063 Cernusco S/N (MI)
telefono 02-92150794
fax 02-92157285
info@listarfish.it
www.listarfish.it

Cortisol ELISA

Enzyme immunoassay for the quantitative determination of cortisol in human serum and plasma

IVD

CE

REF **DEH3388**

Σ **96 Wells**

Version 2-02/17

CONTENTS / INHALTSVERZEICHNIS / CONTENIDO

1 INTRODUCTION

1.1 Intended Use

The **DEMEDITEC Cortisol ELISA** is a competitive immunoassay for the quantitative *in vitro diagnostic* measurement of cortisol in serum and plasma (EDTA).

1.2 Summary and explanation

Cortisol is a corticosteroid hormone or glucocorticoid produced by the adrenal cortex that is part of the adrenal gland (in the Zona fasciculata and the Zona reticularis of the adrenal cortex). It is usually referred to as the "stress hormone" as it is involved in response to stress.
90% of the cortisol is bound to cortisol-binding globulins (CBG), around 7% to Albumin and the rest is free. Among the products of the human adrenal cortex, only cortisol is involved in the regulation of ACTH secretion. As the level of free (non-protein bound) cortisol in blood rises, the release of ACTH is inhibited by the negative feedback effect. Conversely, if cortisol levels are subnormal, the negative feedback decreases, ACTH levels rise, and the adrenal cortex secretes cortisol until normal blood levels are restored. The release of ACTH is under control of hypothalamic corticotropin-releasing hormone (CRH); the negative feedback system involving cortisol has been identified at both hypothalamic and pituitary levels.
Normally during the day there is a fluctuation of cortisol achieving the highest level in the morning and the lowest in the night. Useful information is given when cortisol measurement is done in samples withdrawn at a fixed hour (8.00 a.m.). The main biological effects of cortisol are: promotion of gluconeogenesis, deposition of liver glycogen, increase in blood glucose concentration when the carbohydrate utilization is reduced, effect on fat metabolism and anti-inflammatory action. Cortisol measurement is a powerful tool for the evaluation of suspected abnormalities in glucocorticoid production, for example Cushing's Syndrome (hypercortisolism), Addison's disease or secondary adrenal insufficiency (hypocortisolism). In many cases, it is necessary to perform dynamic tests (suppression or stimulation) in order to localize the defect at one of the three main levels (i.e. adrenal, pituitary, hypothalamus).

2 PRINCIPLE

The DEMEDITEC Cortisol ELISA Kit is a solid phase enzyme-linked immunosorbent assay (ELISA), based on the principle of competitive binding.
The microtiter wells are coated with an anti-cortisol antibody. An unknown amount of cortisol present in the sample competes with a cortisol-horseradish peroxidase conjugate for binding to the coated antibody. After incubation the unbound conjugate is washed off. The amount of bound peroxidase conjugate is inversely proportional to the concentration of cortisol in the sample. After addition of the substrate solution, the intensity of color developed is inversely proportional to the concentration of cortisol in the sample.

3 WARNINGS AND PRECAUTIONS

1. This kit is for *in vitro* use only. For professional use only.
2. Before starting the assay, read the instructions completely and carefully. Use the valid version of the package insert provided with the kit. Be sure that everything is understood.
3. The microplate contains snap-off strips. Unused wells must be stored at 2°C to 8°C in the sealed foil pouch and used in the frame provided.
4. Pipetting of samples and reagents must be done as quickly as possible and in the same sequence for each step.
5. Use reservoirs only for single reagents. This especially applies to the substrate reservoirs. Using a reservoir for dispensing a substrate solution that had previously been used for the conjugate solution may turn solution colored. Do not pour reagents back into vials as reagent contamination may occur.
6. Mix the contents of the microplate wells thoroughly to ensure good test results. Do not reuse microwells.
7. Do not let wells dry during assay; add reagents immediately after completing the rinsing steps.
8. Allow the reagents to reach room temperature (21-26°C) before starting the test. Temperature will affect the absorbance readings of the assay. However, values for the samples will not be affected.
9. Never pipet by mouth and avoid contact of reagents and specimens with skin and mucous membranes.
10. Do not smoke, eat, drink or apply cosmetics in areas where specimens or kit reagents are handled.
11. Wear disposable latex gloves when handling specimens and reagents. Microbial contamination of reagents or specimens may give false results.
12. Handling should be done in accordance with the procedures defined by an appropriate national biohazard safety guideline or regulation.
13. Do not use reagents beyond expiry date as shown on the kit labels.
14. All indicated volumes have to be performed according to the protocol. Optimal test results are only obtained when using calibrated pipettes and microtiter plate readers.
15. Do not mix or use components from kits with different lot numbers. It is advised not to exchange wells of different plates even of the same lot. The kits may have been shipped or stored under different conditions and the binding characteristics of the plates may result slightly different.
16. Avoid contact with Stop Solution. It may cause skin irritation.
17. Chemicals and prepared or used reagents have to be treated as hazardous waste according to the national biohazard safety guideline or regulation.
18. For information please refer to Material Safety Data Sheets. Safety Data Sheets for this product are available upon request directly from Demeditec Diagnostics GmbH.

4 REAGENTS

4.1 Reagents provided

SORB | MT Microtiter Plate, 12 x 8 (break-apart) strips with 96 wells; wells coated with anti-cortisol antibody.

CAL | 0-5 Calibrators (Calibrator 0-5), 6 vials, 0.3 ml each, ready to use;
contain cortisol in human serum. Concentrations: 0 - 10 - 30 - 90 - 270 - 800 ng/ml.

CONTROL | 1-2 Control 1 (low) / **Control 2 (high)**, 2 vials, 0.3 ml each, ready to use; contain cortisol in human serum. For control values and ranges please refer to QC-Datasheet.

ENZ | CONJ Enzyme Conjugate, 1 vial, 22 ml, color: red, ready to use; horseradish peroxidase-labeled cortisol in buffered matrix.

SUB | TMB Substrate Solution, 1 vial, 22 ml, ready to use; contains tetramethylbenzidine (TMB).

STOP | SOLN Stop Solution, 1 vial, 7 ml, ready to use; contains 2 N hydrochloric acid solution.

WASH | SOLN | 10x Wash Solution, 1 vial, 50 ml (10X concentrated); see “Reagent Preparation”.

Note: Additional Calibrator 0 for sample dilution is available upon request.

4.2 Materials required but not provided

- A microtiter plate reader capable for endpoint measurement at 450 nm
- Calibrated variable precision micropipettes (10 µl, 50 µl, 200 µl, 300 µl)
- Microplate mixer operating at more than 600 rpm (optional)
- Absorbent paper
- Distilled or deionized water
- Timer
- Semi logarithmic graph paper or software for data reduction

4.3 Storage conditions

When stored at 2-8°C unopened reagents will be stable until expiration date. Do not use reagents beyond this date. Opened reagents must be stored at 2-8°C. After first opening the reagents are stable for 30 days if used and stored properly.
Microtiter wells must be stored at 2-8°C. Take care that the foil bag is sealed tightly.

4.4 Reagent preparation

Allow the reagents and the required number of wells to reach room temperature (21-26°C) before starting the test.

Wash Solution:
Dilute 50 ml of 10X concentrated *Wash Solution* with 450 ml deionized water to a final volume of 500 ml. *The diluted Wash Solution is stable for at least 12 weeks at room temperature (21-26°C).*

4.5 Disposal of the kits

The disposal of the kit must be made according to the national regulations. Special information for this product is given in the Material Safety Data Sheet.

4.6 Damaged test kits

In case of any severe damage of the test kit or components, DEMEDITEC DIAGNOSTICS GmbH has to be informed in writing within one week after receiving the kit. Severely damaged single components should not be used for a test run. They have to be stored until a final solution has been found. After this, they should be disposed according to the official regulations.

5 SPECIMEN

For determination of cortisol **serum and plasma (EDTA)** can be used. The procedure calls for 10 µl sample per well. The samples should be assayed immediately or aliquoted and stored at ≤ -20°C. Avoid repeated freeze-thaw cycles. Samples expected to contain cortisol concentrations higher than the highest calibrator (800 ng/ml) should be diluted with the zero calibrator before assay. The additional dilution step has to be taken into account for the calculation of the results.

6 ASSAY PROCEDURE

6.1 General remarks

- All reagents and specimens must be allowed to come to room temperature before use. All reagents must be mixed without foaming.
- Once the test has been started, all steps should be completed without interruption.
- Use new disposal plastic pipette tips for each standard, control or sample in order to avoid cross-contamination.
- Absorbance is a function of the incubation time and temperature. Before starting the assay, it is recommended that all reagents are ready, caps removed, all needed wells secured in holder, etc. This will ensure equal elapsed time for each pipetting step without interruption.
- As a general rule the enzymatic reaction is linearly proportional to time and temperature.
- Respect the incubation times as stated in this instructions for use.

6.2 Assay procedure

Each run must include a standard curve.

1. Prepare a sufficient number of microplate wells to accommodate calibrators and samples in duplicates.
2. Dispense **10 µl** of each **Calibrator, Sample and Control** with new disposable tips into appropriate wells.
3. Dispense **200 µl** of **Enzyme Conjugate** into each well.
4. Incubate for **60 minutes** at room temperature on a plate shaker (> 600 rpm) or alternatively without shaking. It is important to have a complete mixing in this step, thus thoroughly mix for 10 seconds. Rotating on a plate shaker increases OD values and improves precision.
5. Discard the content of the wells and rinse the wells **4 times** with diluted **Wash Solution** (300 µl per well). Remove as much Wash Solution as possible by beating the microplate on absorbent paper.
6. Add **200 µl** of **Substrate Solution** to each well.
7. Incubate without shaking for **30 minutes** in the dark.
8. Stop the reaction by adding **50 µl** of **Stop Solution** to each well.
9. Determine the absorbance of each well at 450 ±10 nm. It is recommended to read the wells within 15 minutes.

6.3 Calculation of results

1. Calculate the average absorbance values for each set of calibrators, controls and samples.
2. Using semi logarithmic graph paper, construct a standard curve by plotting the mean absorbance obtained from each standard against its concentration with absorbance value on the vertical (Y) axis and concentration on the horizontal (X) axis.
3. Using the mean absorbance value for each sample, determine the corresponding concentration from the calibration curve.
4. Automated method: The results in the package insert have been calculated automatically using a 4 PL (4 Parameter Logistics) curve fit. 4 Parameter Logistics is the preferred calculation method. Other data reduction functions may give slightly different results.
5. The concentration of the samples can be determined directly from this calibrator curve. Samples with concentrations higher than that of the highest calibrator have to be further diluted. For the calculation of the concentrations, this dilution factor has to be taken into account.

Example of typical calibrator curve

Following data are intended for illustration only and should not be used to calculate results from another run.

Standard	Optical Units (450 nm)
Calibrator 0 (0 ng/ml)	3.068
Calibrator 1 (10 ng/ml)	2.380
Calibrator 2 (30 ng/ml)	1.742
Calibrator 3 (90 ng/ml)	1.112
Calibrator 4 (270 ng/ml)	0.608
Calibrator 5 (800 ng/ml)	0.289

7 EXPECTED VALUES

It is strongly recommended that each laboratory should determine its own normal and abnormal values.

In a study conducted with apparently normal healthy adults, using the DEMEDITEC Cortisol ELISA, the following values are observed. The blood samples were collected between 8 a.m. and 11 a.m.:

Population	Age	5% - 95% Percentile
Males	< 50 years	103 - 248 ng/ml
	> 50 years	70.9 - 214.2 ng/ml
Females	< 50 years	90 - 281.8 ng/ml
	> 50 years	65.9 - 154.8 ng/ml

The results alone should not be the only reason for any therapeutical consequences. They have to be correlated to other clinical observations and diagnostic tests.

The following values are stated in L. Thomas, Labor und Diagnose, 8th edition:

	Time of day	Reference Ranges
Adults	8 a.m.	50 - 250 ng/ml
	12 p.m.	≤ 50 ng/ml

8 PERFORMANCE CHARACTERISTICS

8.1 Analytical Sensitivity

The lowest analytical detectable level of cortisol that can be distinguished from the Zero Calibrator is 3.79 ng/ml at the 2SD confidence limit.

8.2 Specificity (Cross Reactivity)

The following materials have been evaluated for cross reactivity. The percentage indicates cross reactivity at 50% displacement compared to cortisol.

Steroid	% Cross reaction
Pregnenolone	<0.1%
Estrone	<0.1%
Estradiol	<0.1%
DHEA	<0.1%
17-Hydroxyprogesterone	0.8%
Prednisolone	54.3%
Testosterone	<0.1%
Cortisone	76%
Corticosterone	2.3%
Danazole	<0.1%
Androstenedione	<0.1%
Prednisone	100%
11-Deoxycortisol	35.7%
Estriol	0.4%
Dexamethasone	<0.1%
11-Deoxycorticosterone	0.5%
Progesterone	<0.1%

8.3 Assay dynamic range

The range of the assay is between 10 - 800 ng/ml.

8.4 Reproducibility

8.4.1 Intra-Assay

The intra-assay variation was determined by 20 replicate measurements of three serum samples within one run. The within-assay variability is shown below:

	Serum 1	Serum 2	Serum 3
Mean (ng/ml)	46.85	128.55	337.74
SD	3.76	8.07	21.14
CV (%)	8.0	6.3	6.3
n =	20	20	20

8.4.2 Inter-Assay

The inter-assay (between-run) variation was determined by duplicate measurements of three serum samples in 10 different tests.

	Serum 1	Serum 2	Serum 3
Mean (ng/ml)	55.93	125.28	324.22
SD	2.35	8.0	19.22
CV (%)	4.2	6.4	5.9
n =	10	10	10

8.5 Recovery

Recovery was determined by adding increasing amounts of the analyte to three different samples containing different amounts of endogenous analyte. Each sample (non-spiked and spiked) was assayed and analyte concentrations of the samples were calculated from the standard curve. The percentage recoveries were determined by comparing expected and measured values of the samples.

Sample	Spiking (ng/ml)	Measured (ng/ml)	Expected (ng/ml)	Recovery (%)
1	native	121.0	-	-
	144	249.3	265.0	94%
	200	299.9	321.0	93%
	250	338.0	371.0	91%
2	native	90.8	-	-
	144	212.8	234.8	91%
	200	277.6	290.8	95%
	250	310.4	340.8	91%
3	native	106.1	-	-
	144	242.2	250.1	97%
	200	303.8	306.1	99%
	250	324.2	356.1	91%

8.6 Linearity

Three serum samples containing different amounts of analyte were serially diluted with Calibrator 0 and assayed. The percentage linearity was calculated by comparing the expected and measured values.

Serum	Dilution	Measured (ng/ml)	Expected (ng/ml)	Linearity (%)
1	-	383.6	-	-
	1 in 2	195.6	191.8	102%
	1 in 4	104.2	95.9	109%
	1 in 8	54.2	48.0	113%
2	-	395.4	-	-
	1 in 2	197.6	197.7	100%
	1 in 4	103.8	98.9	105%
	1 in 8	55.9	49.4	113%
3	-	323.1	-	-
	1 in 2	161.7	161.6	100%
	1 in 4	84.9	80.8	105%
	1 in 8	40.5	40.4	100%

9 LIMITATIONS OF PROCEDURE

Reliable and reproducible results will be obtained when the assay procedure is performed with complete understanding of the package insert instruction and adherence to good laboratory practice.
Any improper handling of samples or modification of this test might influence the results.

9.1 Drug Interferences

Any medication (cream, oil, pill, etc.) containing cortisol of course will significantly influence the measurement of this analyte.

9.2 Interfering Substances

Minimal or mild haemolysis does not influence the assay results while severe haemolysis can influence the assay minimally. No interference has been observed with bilirubin (up to 200 mg/l) containing sera.

10 LEGAL ASPECTS

10.1 Reliability of Results

The test must be performed exactly as per the manufacturer's instructions for use. Moreover the user must strictly adhere to the rules of GLP (Good Laboratory Practice) or other applicable national standards and/or laws. This is especially relevant for the use of control reagents. It is important to always include a sufficient number of controls within the test procedure for validating the accuracy and precision of the test.
The test results are valid only if all controls are within the specified ranges and if all other test parameters are also within the given assay specifications. In case of any doubt or concern please contact DEMEDITEC.

10.2 Therapeutic Consequences

Therapeutic consequences should never be based on laboratory results alone even if all test results are in agreement with the items as stated under point 10.1. Any laboratory result is only a part of the total clinical picture of a patient. Only in cases where the laboratory results are in acceptable agreement with the overall clinical picture of the patient therapeutic consequences should be derived.
The test result itself should never be the sole determinant for deriving any therapeutic consequences.

10.3 Liability

Any modification of the test kit and/or exchange or mixture of any components of different lots from one test kit to another could negatively affect the intended results and validity of the overall test. Such modification and/or exchanges invalidate any claim for replacement.
Claims submitted due to customer misinterpretation of laboratory results subject to point 10.2 are also invalid. Regardless, in the event of any claim, the manufacturer's liability is not to exceed the value of the test kit. Any damage caused to the test kit during transportation is not subject to the liability of the manufacturer.

11 REFERENCES

1. Lothar Thomas: Labor und Diagnose; 8. Auflage, 2012
2. Chan S. & Debono M. (2010), Replication of cortisol circadian rhythm: new advances in hydrocortisone replacement therapy
   Ther Adv Endocrinol Metab (2010) 1(3) 129-138

SYMBOLS USED WITH ELISA

Symbol	English	Deutsch	Francais	Espanol	Italiano
CE	European Conformity	CE-Konfirmitäts-kennzeichnung	Conforme aux normes européennes	Conformidad europea	Conformità europea
	Consult instructions for use	Gebrauchsanweisung beachten	Consulter les instructions d'utilisation	Consulte las Instrucciones	Consultare le istruzioni per l'uso
IVD	In vitro diagnostic device	In-vitro-Diagnostikum	Ussage Diagnostic in vitro	Diagnóstico in vitro	Per uso Diagnostica in vitro
RUO	For research use only	Nur für Forschungszwecke	Seulement dans le cadre de recherches	Sólo para uso en investigación	Solo a scopo di ricerca
REF	Catalogue number	Katalog-Nr.	Référence	Número de catálogo	No. di Cat.
LOT	Lot. No. / Batch code	Chargen-Nr.	No. de lot	Número de lote	Lotto no
Σ	Contains sufficient for <n> tests/	Ausreichend für "n" Ansätze	Contenu suffisant pour "n" tests	Contenido suficiente para <n> ensayos	Contenuto sufficiente per "n" saggi
	Note warnings and precautions	Warnhinweise und Vorsichtsmaßnahmen beachten	Avertissements et mesures de précaution font attention	Tiene en cuenta advertencias y precauciones	Annoti avvisi e le precauzioni
	Storage Temperature	Lagerungstemperatur	Temperature de conservation	Temperatura de conservacion	Temperatura di conservazione
	Expiration Date	Mindesthaltbarkeits-datum	Date limite d'utilisation	Fecha de caducidad	Data di scadenza
	Legal Manufacturer	Hersteller	Fabricant	Fabricante	Fabbricante
Distributed by	Distributor	Vertreiber	Distributeur	Distribuidor	Distributtore

Distribuito in ITALIA da
Li StarFish S.r.l.
Via Cavour, 35
20063 Cernusco S/N (MI)
telefono 02-92150794
fax 02-92157285
info@listarfish.it
www.listarfish.it