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## Quantitation of Clinical Research Steroid Analytes from Serum Utilizing Solid Phase Extraction with LC-MS/MS

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### Introduction

Steroid analysis for clinical research can require very low limits of detection which demand high recoveries from solid phase extraction (SPE) and very clean extracted samples. Laboratories desire high-throughput methods which consolidate analytes into one panel with fast chromatographic run times. Accurate quantitation makes it necessary to chromatographically separate steroids with the same m/z. Meeting these criteria can be challenging in a single LC-MS/MS method. In this technical note, we present an effective sample cleanup method for steroid analysis that targets 19 steroid analytes, utilizing a Polymeric Reversed Phase Strata™-X 96-well plate. A Kinetex™ core-shell 2.6 µm C18, 50 x 3.0 mm column was employed for fast chromatographic separation.

### Sample Preparation

Six calibrators and all spiked samples, with analytes and internal standards, were prepared in stripped serum. Two sets of spiked samples were prepared and analyzed, one at pg/mL concentration and the other at ng/mL concentration. These ranges correspond to the standard testing range for each given steroid compound.

Step	Description
Sample Pretreatment:	Combine 500 µL of serum sample and 500 µL of 1 % Formic Acid in Water
Condition:	Strata-X 33 µm Polymeric Reversed Phase, 30 mg 96-well plate (Part No.: <a href="#">8E-S100-TGB</a> ) with 1 mL of Methanol
Equilibrate:	1 mL Water
Load:	1 mL of preteated sample spiked with 10 µL of internal standard
Wash 1:	1 mL 1 % Formic Acid in Water
Wash 2:	1 mL 30 % Methanol in Water, apply vacuum for 3-4 min at 15-20 in Hg
Elute:	2 aliquots of 500 µL of Methanol / Acetonitrile (1:4, v/v)
Dry:	Under a gentle stream of Nitrogen at 45 °C
Reconstitute:	100 µL of 0.5 mM Ammonium Fluoride in [Water / Methanol (60:40, v/v)]

Recovery, Matrix Effect, and Process Efficiency were determined by preparing spiked samples at three concentrations (Low, Mid, and High) for the pg/mL analytes and the ng/mL analytes. A set of spiked samples at each concentration level for each group of analytes were prepared in triplicate: samples spiked with analytes before extraction (pre-spiked samples, *PS*) and samples spiked after extraction (post-spiked samples, *PoS*). Unextracted samples containing the analytes from each group prepared in reconstitution solvent were also prepared at each of the three concentration levels in duplicate. All samples were injected in duplicate (*n*=4 for unextracted samples and *n*=6 for pre-spiked and post-spiked samples).

Recovery, Matrix Effect, and Process Efficiency of each analyte, at each concentration, were calculated as below. All values are reported as a percent.

$$\text{Recovery} = \left[ \frac{\text{Average Area Counts of PS Samples}}{\text{Average Area Counts of PoS Samples}} \right] \times 100$$

Recovery measures the percent of analyte recovered from the SPE extraction.

$$\text{Matrix Effect} = \left[ \frac{\text{Average Area Counts of PoS Samples}}{\text{Average Area Counts of Unextracted Samples}} \right] \times 100$$

Matrix Effect measures any changes in response related to ion suppression or ion enhancement from the mass spectrometer because of the matrix.

$$\text{Process Efficiency} = \left[ \frac{\text{Average Area Counts of PS Samples}}{\text{Average Area Counts of Unextracted Samples}} \right] \times 100$$

Process efficiency is a measurement of differences in response from recovery and matrix effect combined.

### LC Conditions

**Column:** Kinetex 2.6 µm C18  
**Dimensions:** 50 x 3.0 mm  
**Part No.:** [00B-4462-Y0](#)  
**Mobile Phase:** A: 0.5 mM Ammonium Fluoride in Water  
 B: Methanol  

Gradient:	Time (min)	%B
	0	40
	2	50
	4.5	75
	5	95
	6	95
	6.5	40
	8	40

  
**Flow Rate:** 0.8 mL/min  
**Injection Volume:** 5 µL  
**Temperature:** 30 °C  
**LC System:** Agilent® 1290 Infinity  
**Detection:** MS/MS  
**Detector:** SCIEX® 7500 Triple Quad™

### MS/MS Conditions

**Ion Source:** ESI  
**Polarity:** Positive or Negative  
**Source Temperature:** 700 °C  
**GS1:** 60 psi  
**GS2:** 60 psi  
**CUR:** 40 psi  
**CAD:** 10  
**IS:** 3000V or -3000V  
**EP:** 10 V or -10 V

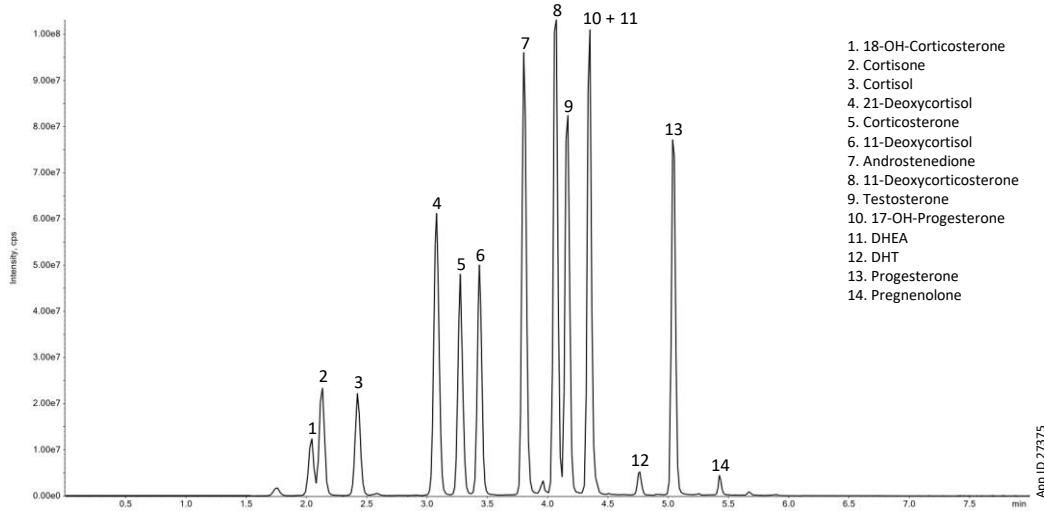




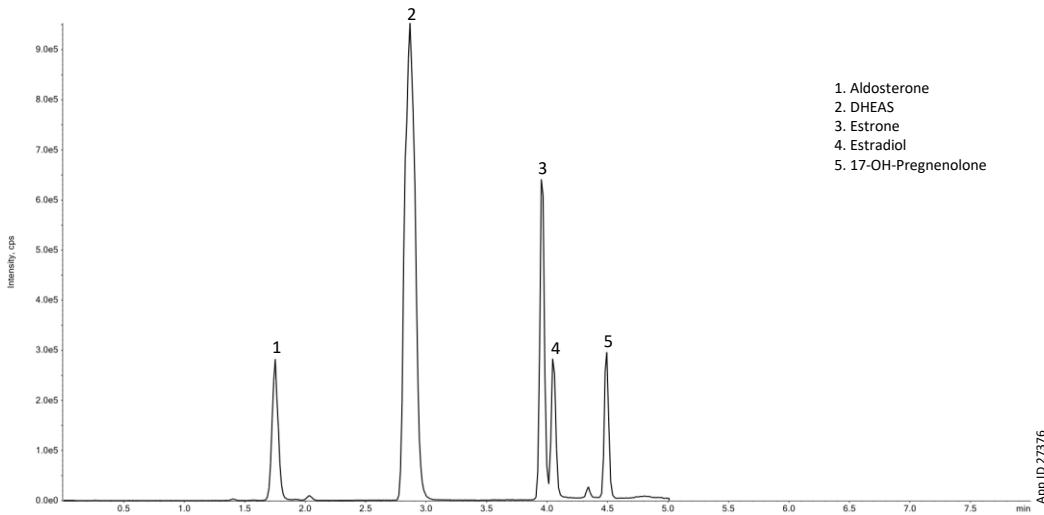
## Results and Discussion

The Kinetex™ 2.6 µm C18 column provided a fast 8-minute chromatographic separation and good selectivity for steroid isomers in both positive ion mode (**Figure 1**) and negative ion mode (**Figure 2**). Calibration curves (**Figure 3**), with a linear fit and 1/x weighting, showed good linearity with  $R^2$  values >0.992 for all analytes (**Table 3**). Accuracy of spiked, stripped serum samples in triplicate at three concentrations were within 80-120 %. Precision calculated as %RSD of spiked samples were <15 % for all analytes. Recovery of the lowest concentration spiked samples were 81-116 % for all analytes except DHEAS which is 54 %. Recovery of mid-concentration spiked samples were 80-96 % for all analytes except DHEAS which is 61 %. Recovery of high-concentration spiked samples were 82-102 % for all analytes except DHEAS which is 59 %. To improve recovery of DHEAS, a different elution solvent should be considered. A Methanol / Water (30:70, v/v) wash was chosen for maximum recovery for the entire panel of 19 analytes. For select groups of steroid analytes, a stronger organic wash may reduce matrix effect without sacrificing recovery. For labs interested in quantitation of 17-OH-Pregnenolone, further SPE method development is needed to eliminate interference. An additional wash or a different elution solvent may achieve this.

**Figure 1.** Total Ion Chromatogram (TIC) in Positive Ion Mode of Steroid Isomers Fully Separated in an 8-minute Method Using a Kinetex C18 Column.

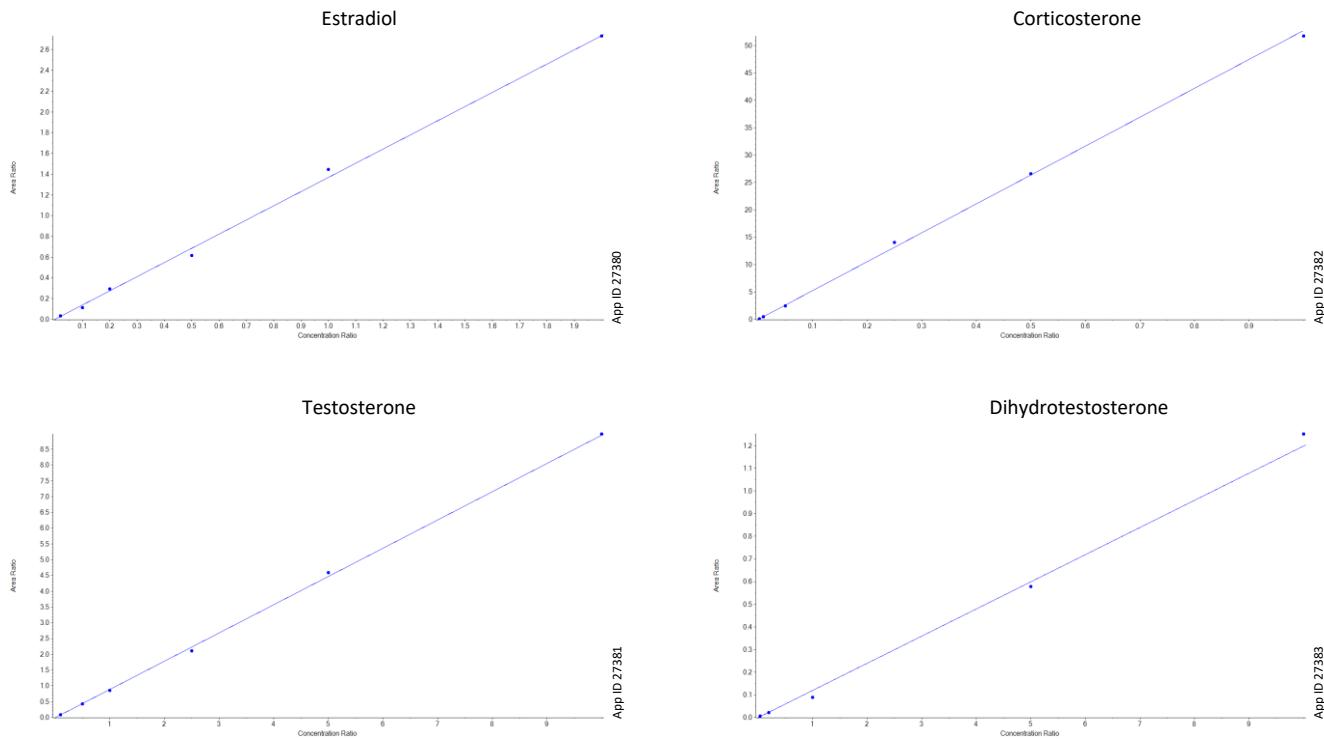
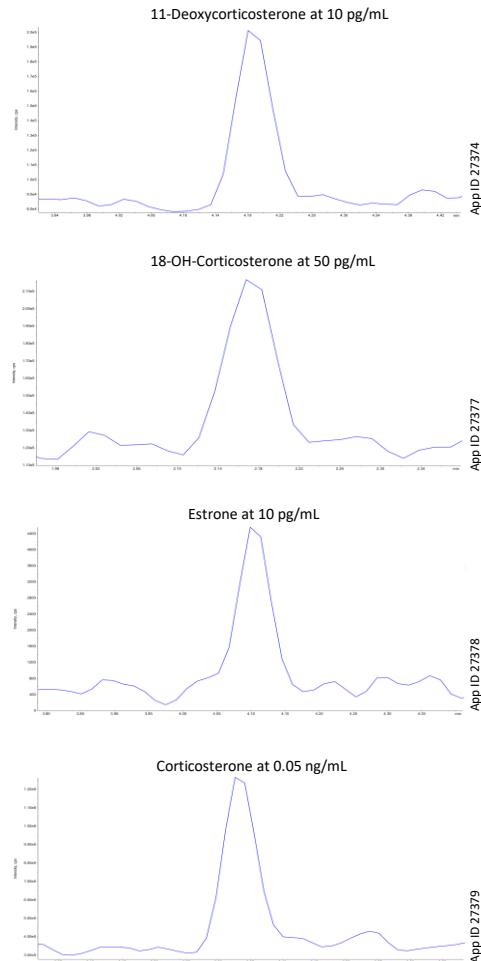


**Figure 2.** TIC in Negative Ion Mode of Steroid Isomers Fully Separated in an 8-minute Method Using a Kinetex C18 Column.



Note: Chromatographic Separation of 17-OH-Pregnenolone is Shown Here, but the Analyte is Not Included in Calibrator and QC Data. Further Development is Required for 17-OH-Pregnenolone.



**Figure 3.** Example Calibration Curves.**Figure 4.** Peak Examples at LLOQ.**Table 3.** Analyte Calibration Curve, LLOQ and S/N Data.

Analyte	Calibration Equation	R <sup>2</sup>	LLOQ (pg/mL)	S/N
11-Deoxycorticosterone	y=0.91019x - 0.01371	>0.999	10	15.8
11-Deoxycortisol	y=0.92022x + 0.01119	>0.999	10	22.4
17-OH-Progesterone	y=1.09404x - 0.04160	>0.996	50	6.9
18-OH-Corticosterone	y=0.24256x + 0.00335	>0.997	50	8.3
21-Deoxycortisol	y=0.60591x + 0.00786	>0.996	10	8.2
Aldosterone	y=0.20181x + 0.00135	>0.998	10	3.2
Androstenedione	y=0.64551x + 0.01859	>0.999	10	20.5
Estradiol	y=1.36625x + 0.00205	>0.995	10	13.4
Estrone	y=0.98883x + 0.00741	>0.993	10	37.9
Progesterone	y=2.40103x + 0.09331	>0.995	10	14.6
Testosterone	y=0.89557x - 0.01050	>0.999	10	29.0
Analyte	Calibration Equation	R <sup>2</sup>	LLOQ (ng/mL)	S/N
Corticosterone	Y=52.77043x - 0.02846	>0.999	0.05	34.4
Cortisol	Y=13.29607x + 0.18652	>0.999	N/A*	N/A*
Cortisone	Y=0.35557x - 0.00735	>0.997	0.2	13.1
DHEA	Y=13.50761x - 0.07797	>0.996	1	27.1
DHEAS	Y=16.81832x - 0.08771	>0.995	N/A*	N/A*
Dihydrotestosterone	Y=0.12000x - 0.00106	>0.993	1	10.3
Pregnenolone	Y=0.21205x + 0.03652	>0.992	5	6.0

\*Note: LLOQ data is not available for DHEAS as it was not possible to obtain DHEAS-free serum. LLOQ data is not available for Cortisol because appropriate testing levels are much higher than the detection capabilities of the instrument.





## Conclusions

The SPE method described here provides high recovery and reproducibility for a panel of 19 steroid analytes in serum. The Kinetex™ 2.6 µm C18 column gave good separation of the steroid isomers in 8 minutes. The SPE method and LC separation combined with a SCLX® 7500 Triple Quad™ provided sensitive, accurate quantitation of 19 steroid analytes.

## Ordering Information

Kinetex 2.6 µm Analytical Columns (mm)							SecurityGuard™ ULTRA Cartridges*	
Phases	30 x 3.0	50 x 3.0	75 x 3.0	100 x 3.0	150 x 3.0	3/pk		
EVO C18	<a href="#">00A-4725-Y0</a>	<a href="#">00B-4725-Y0</a>	—	<a href="#">00D-4725-Y0</a>	<a href="#">00F-4725-Y0</a>	<a href="#">AJ0-9297</a>		
PS C18	<a href="#">00A-4780-Y0</a>	<a href="#">00B-4780-Y0</a>	—	<a href="#">00D-4780-Y0</a>	<a href="#">00F-4780-Y0</a>	<a href="#">AJ0-8950</a>		
Polar C18	—	<a href="#">00B-4759-Y0</a>	—	<a href="#">00D-4759-Y0</a>	<a href="#">00F-4759-Y0</a>	<a href="#">AJ0-9531</a>		
Biphenyl	—	<a href="#">00B-4622-Y0</a>	—	<a href="#">00D-4622-Y0</a>	<a href="#">00F-4622-Y0</a>	<a href="#">AJ0-9208</a>		
XB-C18	<a href="#">00A-4496-Y0</a>	<a href="#">00B-4496-Y0</a>	<a href="#">00C-4496-Y0</a>	<a href="#">00D-4496-Y0</a>	<a href="#">00F-4496-Y0</a>	<a href="#">AJ0-8775</a>		
C18	<a href="#">00A-4462-Y0</a>	<a href="#">00B-4462-Y0</a>	<a href="#">00C-4462-Y0</a>	<a href="#">00D-4462-Y0</a>	<a href="#">00F-4462-Y0</a>	<a href="#">AJ0-8775</a>		
C8	<a href="#">00A-4497-Y0</a>	<a href="#">00B-4497-Y0</a>	<a href="#">00C-4497-Y0</a>	<a href="#">00D-4497-Y0</a>	<a href="#">00F-4497-Y0</a>	<a href="#">AJ0-8777</a>		
HILIC	<a href="#">00A-4461-Y0</a>	—	—	<a href="#">00D-4461-Y0</a>	<a href="#">00F-4461-Y0</a>	<a href="#">AJ0-8779</a>		
Phenyl-Hexyl	—	<a href="#">00B-4495-Y0</a>	—	<a href="#">00D-4495-Y0</a>	<a href="#">00F-4495-Y0</a>	<a href="#">AJ0-8781</a>		
F5	—	<a href="#">00B-4723-Y0</a>	—	<a href="#">00D-4723-Y0</a>	<a href="#">00F-4723-Y0</a>	<a href="#">AJ0-9321</a>		

\*SecurityGuard ULTRA Cartridges require holder, Part No.: [AJ0-9000](#)

for 3.0 mm ID

Strata™-X Format	Sorbent Mass	Part Number	Unit
<b>Tube</b>			
	30 mg	<a href="#">8B-S100-TAK**</a>	1 mL (100/box)
	30 mg	<a href="#">8B-S100-TBJ</a>	3 mL (50/box)
	60 mg	<a href="#">8B-S100-UBJ**</a>	3 mL (50/box)
	100 mg	<a href="#">8B-S100-EBJ</a>	3 mL (50/box)
	100 mg	<a href="#">8B-S100-ECH</a>	6 mL (30/box)
	200 mg	<a href="#">8B-S100-FBJ</a>	3 mL (50/box)
	200 mg	<a href="#">8B-S100-FCH</a>	6 mL (30/box)
	500 mg	<a href="#">8B-S100-HBJ</a>	3 mL (50/box)
	500 mg	<a href="#">8B-S100-HCH</a>	6 mL (30/box)
<b>Giga™ Tube</b>			
	500 mg	<a href="#">8B-S100-HDG</a>	12 mL (20/box)
	1 g	<a href="#">8B-S100-JDG</a>	12 mL (20/box)
	1 g	<a href="#">8B-S100-JEG</a>	20 mL (20/box)
	2 g	<a href="#">8B-S100-KEG</a>	20 mL (20/box)
	5 g	<a href="#">8B-S100-LFF</a>	60 mL (16/box)
<b>Teflon® Tube</b>			
	200 mg	<a href="#">8B-S100-FBJ-T</a>	3 mL (50/box)
	200 mg	<a href="#">8B-S100-FDG-T</a>	12 mL (20/box)
<b>96-Well Plate</b>			
	10 mg	<a href="#">8E-S100-AGB</a>	2 Plates/Box
	30 mg	<a href="#">8E-S100-TGB</a>	2 Plates/Box
	60 mg	<a href="#">8E-S100-UGB</a>	2 Plates/Box
<b>96-Well Microelution Plate</b>			
	2 mg	<a href="#">8M-S100-4GA</a>	ea

\*\*Tab-less tubes available. Contact Phenomenex for details.



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