

Synacthen Test

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Your doctor has referred you for a Synacthen test. This is to see if your adrenal glands are producing enough cortisol. Cortisol is one of the essential steroid hormones to keep you healthy.

Please read the following information in conjunction with the staying healthy guidance appropriate for your condition.

What does the test involve?

Over an hour, three samples of bloods will be taken (every 30 minutes).

Following the first sample of blood a stimulus hormone called Synacthen will be injected into the muscle in your arm. Synacthen is a manufactured hormone that works by stimulating the adrenal glands to produce more cortisol. By measuring the rise in cortisol in the blood this shows if the adrenal glands are secreting normal amounts of cortisol.

Preparation for the test

If you are on medication such as the contraceptive pill, or take any steroids orally, as nasal drops, inhalers, skin creams or have recently had a joint injection, it is important that you inform us before your appointment.

If you are on hydrocortisone please do not take any hydrocortisone tablets the evening before and the morning of the appointment.

You may take any other medication as normal on the day of the test.

The test takes an hour from the time of the injection; please allow at least an hour and half for the appointment. You may wish to bring a book or magazine.

Results

My Planned Care Patient Information Platform

Once the results are back these will either be sent to you by letter, phone call or discussed at your next appointment. Patient Information
Synacthen Test feedback@uhcw.nhs.uk 2

Contact the Endocrine Specialist Nurse

If you require more information regarding this test please contact the Endocrine Specialist Nurse, Monday-Friday 8:00-16:30 (answerphone service while out-of-office) **Telephone: 02476 965983**

If you are unable to attend your appointment date it is important that you advise us.

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact **02476 965983** and we will do our best to meet your needs.
The Trust operates a smoke free policy

What should I do if my health is deteriorating?

If your health is deteriorating, you need to be seen by your GP for review and further assessment and management.

Contact Us

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To leave a message please include:

- Full Name
- Your hospital number (this starts with a letter of the alphabet) or your 10 digit NHS number or Date of Birth
- Contact telephone number
- Reason for your call

We will respond to your email within 48hrs.

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