



## ACTH Stimulation Testing

**What you need to know...**

**Your child's ACTH  
Stimulation test date is  
scheduled for:**

\_\_\_\_\_ at \_\_\_\_\_ AM

**Location:** \_\_\_\_\_

**Please arrive 15 minutes prior to  
your scheduled testing time to  
register.**

**Your child's doctor has recommended ACTH Stimulation Test. This is a 30 minutes to 1 hour test that begins in the morning.**

***WHY IS THIS TEST NEEDED IF BLOOD WAS ALREADY TAKEN?*** The purpose of this test is to determine if your child's adrenal and pituitary glands function as expected. When your child has this test done, medication (Cortrosyn) is given to stimulate the adrenal gland to produce hormone(s). We then measure the hormone(s) at certain time points during the course of the test as specified by your Endocrinologist.

***HOW DO WE PREPARE FOR THE TEST?*** Your child can eat and drink before the test because this will not interfere with lab results. If your child has a favorite distraction game or device, he/she is welcome to bring it along.

***WHAT EXACTLY CAN WE EXPECT?*** We will escort you and your child into the phlebotomy lab on CHAM 4. Once comfortable, we will use a butterfly needle (a small needle) to draw baseline (initial) blood as ordered by your Endocrinologist. The medication (Cortrosyn) will be given through the needle followed by Normal Saline (water solution). We rarely see side effects to this medication. The butterfly needle will be removed at this time. After medication administration, you may leave the Phlebotomy lab with your child. You must return to the phlebotomy lab in 30 minutes to 1 hour after medication administration as specified by your Endocrinologist. When you return, you should tell the Phlebotomist that you are

returning for a timed test. The Phlebotomist will use a butterfly needle to draw blood as specified by your Endocrinologist.

***WHAT SHOULD WE DO AFTER THE TEST?*** You may resume your daily activities.

***WHEN WILL THE RESULTS BE AVAILABLE?*** Your Endocrinologist will review the test results. The Endocrinologist will usually contact you in 2 – 3 weeks to discuss the results. A follow-up appointment will be scheduled if the results are abnormal. Otherwise, you will receive a letter in the mail with the results. Please contact us if you do not receive a phone call or letter within the time frame mentioned.

***These are intended to be general guidelines. If you have specific questions about your child, please ask your doctor.***

***Any questions? Call (718) 920 - 4664***