



Patient Education on ACTH Stimulation Test

What is an ACTH stimulation test

The ACTH stimulation test measures how well your adrenal glands respond to adrenocorticotrophic hormone (ACTH). ACTH is a hormone produced in the pituitary gland that stimulates the adrenal glands to release a hormone called cortisol.

Why do I need this test

Your doctor is concerned that your adrenal glands are not producing enough of the hormone cortisol or that your pituitary gland is not producing enough ACTH.

How do I prepare for the test

- The test takes approximately 2 hours.
- It is best to do the test early in the morning. Please arrive at least 15 minutes prior to your appointment time.
- Nothing to eat after midnight. Please let us know if this will be a problem for you.
- Make sure to hydrate well the day before the test. Let us know if you are sick with diarrhea or vomiting the day before the test as we may need to reschedule the test.
- Wear comfortable clothes and bring a sweater or jacket.
- Feel free to bring a book, magazines or tablet/phone for entertainment during the test.
- You will be given instruction on what you should do regarding your medications prior to the test.

How the Test is Performed

- A nurse will obtain your blood pressure and insert an IV which will be used to obtain lab work and give you medication.
- Baseline blood work is drawn right after the IV is inserted.
- A medication is given through your IV followed by a blood sample 30 minutes and 60 minutes after.
- Your blood pressure is obtained at the end of the test.
- The IV is removed.

What do I need to do after the test

- You may resume your medications and diet.
- Contact us should you have any questions or concerns.
- Your doctor will contact you regarding the results when we receive them.