

Diabetes / Endocrine Day Unit  
Clinic D  
Stobhill ACH  
Tel : 0141-355-1078

## Synacthen Test - Patient Information

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 hormones that keep you healthy and people can become unwell if levels of this hormone are low.

A total of 3 samples of blood will be collected. The drug to stimulate your hormones is Synacthen and is injected through a tube which is placed in your arm prior to test commencing. This drug has few side effects; some patients feel warm all over and some can feel a little nauseated but this can pass quite quickly.

If you have Diabetes, this test might cause a rise in your Blood Glucose levels for about 24 hours after the test. The nurse looking after you will advise you what to do if this happens.

You may take your other medication as normal on the day of the test. However, if you are on hormone replacement therapy or have had a joint injection please let us know at your appointment.

**If you are taking steroids orally, nasal drops inhalers or skin cream, do not take on the morning of the test.**

The test takes about 45 minutes to 1 hour. You will be resting in a chair and you eat and drink as normal on the day of the test. You may wish to bring a magazine or paper to read. You may bring someone with you during the test.

You should be able to undertake normal activities, after the test is finished and it should not interfere with your ability to drive home.

If you have any queries about test, please contact the above telephone number.