

# **Short Synacthen Test**

Information for patients, relatives and carers

① For more information, please contact: Medical Elective Services (MES) York Hospital, Wigginton Road, YO31 8HE, telephone 01904 721062 or email [MESpatientenquiries@york.nhs.uk](mailto:MESpatientenquiries@york.nhs.uk)

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## **Information about your Synacthen Test**

Your consultant has referred you for this test to measure how well your body can produce cortisol. Cortisol is one of the essential steroid hormones which help to keep you healthy. You may be unwell if levels of this hormone are too high or too low.

This test is performed in the morning and you will be required to rest throughout. You are allowed to eat and drink as normal. The test will take approximately one to two hours.

If you are taking oestrogen therapy (such as HRT or the oral contraceptive) these need to be discontinued six weeks prior to your test. If this is not possible please contact MES to discuss with a nurse.

If you are taking oral steroids please omit the night before and morning of your test.

If you are taking inhaled steroids please omit on the morning of your test.

If there is any chance you may be pregnant please inform your consultant prior to your appointment date.

When you arrive onto the Medical Elective Services (MES) you will be asked to rest for 30 minutes. A cannula will then be inserted into a vein in your arm. Two blood samples will be taken from this for baseline readings of your hormone levels. Next you will be given the Synacthen through your cannula. A further two blood samples will be taken at 30 minute intervals. The test is then complete and your cannula will be removed.

Side effects of Synacthen are uncommon. However, if you experience any nausea, dizziness, stomach pain, flushing or difficulty breathing please inform a member of staff.

Your doctor will tell you the results of this test at a later date.

## **Feedback**

You may receive a Friends and Family card following your treatment. This is to enable us to collect feedback on your experience with us. All feedback is anonymous and lets us constantly review our service to ensure we are maintaining a high standard. We do appreciate you taking the time to complete this for us.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Medical Elective Services, York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 721062 or email [MESpatientenquiries@york.nhs.uk](mailto:MESpatientenquiries@york.nhs.uk)

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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