

Long Synacthen Test

Your doctor has recommended that you have a Long Synacthen Test.

The aim of this leaflet is to provide you with information about the test so that you understand why it is being done and what you need to do to perform the test correctly.

Long Synacthen Test

This leaflet can be made available in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatkach.

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Why do I need to have this test?

Your doctor has recommended you have a Long Synacthen Test. This is in order to investigate for the cause of adrenal insufficiency in people who have already had a suboptimal short synacthen test (your test did not previously show a significant rise in your steroid levels after injection of synacthen).

Should I fast or stop any medication prior to the test?

You may eat and drink as normal prior to your test and take all regular medications.

You **do not** need to fast for this test.

What does the test involve?

This test requires blood samples to be taken over a 24 hour period. Due to the duration of this test, it requires an admission into hospital.

You will be contacted and advised to attend Ward 3C for admission on the day of the procedure at approximately 8am. In some cases you may be advised to arrive the day before. The procedure will be performed at 9am and will last until 9am the next day

Upon arrival the nurse or doctor will explain the test to you, you will need to remain on the ward, by your bed space for the duration of the test.

The nurse or doctor will then insert a cannula, a small plastic tube into a vein in your arm or the back of your hand. This will be used to take blood samples during the test.

A blood sample will be taken at the start of your test, you will then be given an injection of the hormone synacthen. This will be injected into the muscle at the top of your bottom, just below your trouser line or in your upper arm. You will then have further blood samples taken from the cannula at 1 hour, 2 hours, 4, 8 and 24 hours to test for any rise in your cortisol (steroid) levels.

There are no usual side effects to the hormone (synacthen), however very rarely allergic reactions can occur. It is important to let the nurse and doctor know if you have a history of asthma or significant allergic tendencies

How will I find out the results?

Your Endocrinologist will write to your GP with the results of the test. A copy of this letter will usually be sent to you also.

What if I need advice?

We have a secure confidential answer machine available and email service for patients requiring advice from the Endocrinology Nurse Specialist.

Messages will be assessed and returned in priority order.

The Endocrinology Specialist Nurse may be unavailable at times, so please leave a short message including:

- your full name
- hospital number or date of birth
- contact number

They will contact you as soon as possible, though please be aware this may be the next working day.

If your enquiry is a medical emergency, please contact your own GP, NHS 111, dial 999 or attend your local Accident and Emergency Department.

Further information?

You can contact the Endocrinology Specialist Nurse with any questions you may have.

If your enquiry is for the Endocrinology Medical Team, please contact their secretaries through the hospital switchboard 01744 266 33.

Endocrinology Specialist Nurse

Tel: 07881 928197

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