

ACTH Stimulation of 17 α Hydroxyprogesterone (17 α OHP) Test

Your doctor has recommended that you have a ACTH Stimulation of 17 α Hydroxyprogesterone (17 α OHP) 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.

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Na żądanie ta ulotka może zostać
udostępniona
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Why do I need to have this test?

Your doctor has recommended you have a ACTH Stimulation of 17 α Hydroxyprogesterone (17 α OHP) test.

This test is used to identify adult onset of 21 hydroxylase congenital adrenal hyperplasia (Non-Classical CAH) which is a very rare condition. In males can cause premature puberty, acne, and accelerated bone age and in females can present with acne, hirsutism, and menstrual irregularity.

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.

In women who have regular periods this test should be performed between day 3-10 of their cycle (the start of a period).

What does the test involve?

Please arrive 15 minutes before your appointments.

This test will be performed in the morning and will last approximately 90 minutes.

Upon arrival the nurse will explain the test to you and you will need to lie down upon the bed for the length of the test.

The nurse 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 have an intramuscular injection (usually in the upper arm or thigh) of synthetic ACTH hormone (Synacthen).

You will then have further blood samples taken from the cannula at 30 minutes and 60 minutes.

There are no usual side effects to Synacthen, however, very rarely allergic reactions can occur.

It is important to let the endocrinology nurse 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 Specialist Nurse.

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

Email: endocrinology.nurse@sthk.nhs.uk