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Date: \_\_\_\_\_

To: \_\_\_\_\_

The doctor has ordered a **procedure** for you called a **ACTH (Adrenocorticotrophic Hormone) Stimulation Test**. This procedure is to determine if your adrenal glands are functioning normally.

When the body functions normally, various forms of stress serve to stimulate the secretion of ACTH from the Pituitary gland. The adrenal glands, aware of ACTH in the blood, then send out stress hormones including Cortisol. This test involves administering ACTH to you and then measuring the blood levels of Cortisol to see if the adrenal glands are functioning normally.

The test will take about one hour. **Do NOT eat or drink anything except plain water the morning of the test.** An Intravenous catheter will be inserted for the purpose of drawing blood samples and administering the ACTH. The catheter will then be removed before you go home. Blood samples will be taken twice during the test – one at the beginning of the test and one 30 minutes after administration of the ACTH.

ACTH is a normal hormone to the body and side effects or reactions are essentially unheard of.

The procedure is **scheduled for** \_\_\_\_\_ at \_\_\_\_\_  
(date) (time)

Please call the office if you have further questions or concerns. If you are unable to keep your appointment, please call the office as soon as possible to reschedule. Please note that there is an office policy regarding missed or cancelled appointments. Thank you.