

Endocrinology Clinic

Appendix: ACTH STIMULATION TEST

How to perform ACTH stimulation test:

Preparation:

ACTH for injection is a sterile lyophilized powder in vials containing 250 microgram of Cosyntropin. This is to be reconstituted with 1 ml of 0.9% sodium chloride provided in the kit.

Procedure:

Prepare the ACTH

Draw a baseline Serum Cortisol and Aldosterone (7 ml in a red top tube)
Inject the prepared ACTH solution IM or over 60 seconds as an IV push

Flush immediately with 5 ml of 0.9% sodium chloride

Note the time

Draw Serum Cortisol and Aldosterone at 30 mins and at 60 mins

Place all 3 tubes in the same specimen bag; label each tube with time

EXAMPLE:

Tube 1 should be labeled "ACTH stimulation test, 0 mins"

Tube 2 should be labeled "ACTH stimulation test, 30 mins"

Tube 3 should be labeled "ACTH stimulation test, 60 mins")

Transport immediately to laboratory