

Long synacthen test to assess for congenital adrenal hyperplasia

Information for patients

Your endocrinologist has asked for us to arrange a long synacthen test to help diagnose non-classic congenital adrenal hyperplasia. We enclose an appointment, if you cannot make it please let the team know so that we can book a more convenient time.

What will happen during the test?

The test will involve a blood sample followed by an injection (synacthen) to stimulate your adrenal glands. A further blood test will be taken after 1 hour. We would expect for you to be with us for about 1.5 hours.

How should I prepare for the test?

If you take steroid tablets/inhalers/creams please do not take these on the morning of the test - you can take them after the test is complete. Omit your night time dose of steroid (hydrocortisone, prednisolone, dexamethasone) the day before if you usually take one.

If you think you might be pregnant or if you take any oestrogen containing medications or medication for myasthenia gravis, please let your endocrinologist know.

Biotin supplements can affect the results of the test and should be avoided for 24 hours before the test.

When will I get my results?

The results should be ready within one to two weeks. Your endocrinologist will write or call you with the result.