

Your child's short synacthen test to assess function of the adrenal glands

Childrens Endocrine

Information for Patients

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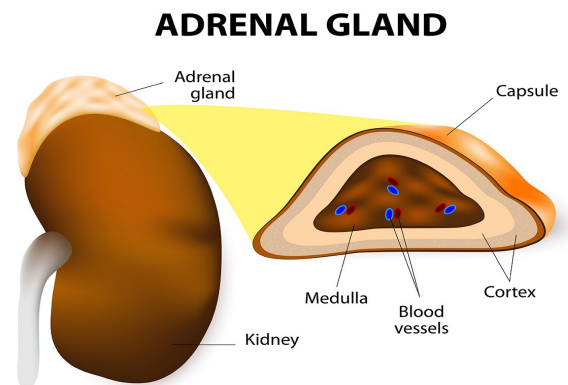
Introduction

Your child needs a short synacthen test. The test is done in the Children's Day Care Unit (CDCU). CDCU is on Level 4, Windsor Building, Leicester Royal Infirmary.

The reason for this will have been discussed with you in clinic.

What is a short synacthen test?

- It is a test to see how well the adrenal glands produce a hormone called cortisol.
- The adrenal glands are triangular-shaped glands. They sit on top of each kidney. (see picture)
- We use a man-made hormone (synacthen) to see how the adrenal glands respond.
- Cortisol is a hormone released by the adrenal glands.
- It helps to control blood pressure, blood sugar levels and general health.
- The results will show if the adrenal glands make enough cortisol during stress



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What happens before the test?

Your child can eat and drink as normal before the test.

Please tell us if your child has any allergies or takes any medicine.

Your child should not take any steroid medication (tablets, inhalers or nose drops) on the morning of the test.

If your child is on steroids, they should have the appointment in the morning. If you have an afternoon appointment, please contact the CDCU staff to rearrange.

What happens during the test?

We will insert a small plastic tube (cannula) into a vein in the arm or hand. This lets us take blood samples more easily. It will stay in place for the whole test.

Putting a cannula in can be tricky. We will use a numbing cream or spray to make it less uncomfortable. A play specialist will help distract your child.

We will take a blood sample.

Your child will be asked to sit quietly for about 30 minutes.

The nurse will give your child's medication (synacthen) into the cannula.

We will take 2 blood samples at 30 minutes and 60 minutes.

The nurse will take out the cannula. Your child can then go home.

The test will take about 2 to 3 hours.

What happens after the test?

If your child is on steroids, they should take their morning dose right after the test.

Are there any risks?

Children can be allergic to any medicine. The nurse will check your child for any signs or reactions.

Sometimes children can appear flushed after this medicine or feel itchy.

If you are worried about your child, please call the ward on 0116 258 6317 until 6pm, or your out-of-hours GP service after this time.

How long will it take to get the results?

It takes 2 to 4 weeks for the results to be ready. The consultant will write to you or talk to you at the next clinic appointment.

If you have any questions please ring the hospital switchboard and ask for your child's consultant or speak to the Specialist Nurse (numbers below).

Contact details

Hospital Switchboard **0300 303 1573**

Consultants' Secretary **0116 258 7737**

Endocrine Specialist Nurse **0116 258 5326**

Children's day care ward **0116 258 6317**

If you have any questions write them down here to remind you what to ask when you speak to your consultant or nurse

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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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