
ACTH STIMULATION TEST (COSYNTROPIN) PROTOCOL

1. This test must be scheduled in advance with the lab.
2. ACTH Stimulation Testing: The rapid ACTH stimulation test measures the acute adrenal response to ACTH and is used to diagnose both primary and secondary adrenal insufficiency as well as CAH and NC-CAH.

- A synthetic human ACTH called cosyntropin is used. It has full biologic potency and a lower incidence of allergic reactions than occurred with animal ACTH derivatives. Fasting is not required, and the test may be performed at any time of the day.

- **For Adrenal Insufficiency patients.**

A baseline cortisol AND ACTH sample are obtained; cosyntropin is administered in a dose of 0.25 mg intramuscularly or intravenously; and additional samples for plasma cortisol are obtained at 30 and 60 minutes following the injection.

- **For Congenital Adrenal Hyperplasia and NC-CAH patients.**

A baseline 17-OH Progesterone sample are obtained; cosyntropin is administered in a dose of 0.25 mg intravenously; and additional samples for plasma 17-OH Progesterone are obtained at 30 and 60 minutes following the injection.

3. The same phlebotomist should be involved with the collections beginning with the baseline cortisol and ACTH. (or 17-OH Progesterone in CAH patients) The cosyntropin is obtained from the pharmacy and administered by the patient's nurse. The phlebotomist will note the time of injection and draw and label the samples at 30 minutes and 60 minutes after injection.

**** If you have any questions, please call Dr. Fiore or Dr. Martinez at 954-368-9141.**
