



Southport and  
Ormskirk Hospital  
NHS Trust

# **PATIENT INFORMATION**

## **Short Synacthen Test**



Your doctor has requested that you have a Short Synacthen Test. This test is performed for the diagnosis of reduced adrenal gland function. The principal of the test is to stimulate the adrenal gland with a synthetic hormone (Synacthen) to see how much cortisol is made in response. Cortisol is one of the essential hormones to keep you healthy and is produced by the adrenal glands which are just above the kidneys.

The test involves two blood tests and one injection and takes about one hour to perform. The results are sent back to your requesting doctor.

The test is performed on the Medical Day Unit which is located on the ground floor at Southport District General Hospital.

Your test has been booked for .....  
at .....

If you need to rearrange this appointment, please contact the unit on 01704 704221 between 9 – 5, Monday – Friday.

No preparation is required for this procedure. Fasting is not required.

If you are taking any steroid medication, you must OMIT this medication on the day until after the test.

Please bring a list of medications you are taking with you on the day.

On arrival at the unit, you will have a nurse appointed to you who will perform the test.

A baseline blood test is taken first, then you will be given the injection of Synacthen. A further blood test is taken 30 minutes later.

You may wish to bring a book/magazine to help pass the time.

Once the test is completed, you may leave the ward and no after-effects are expected.

**NOTES**

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

### **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

### **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

GP –

### **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

We would welcome your feedback about your experience  
at Southport and Ormskirk Hospital NHS Trust.  
Please access the Friends and Family Test at the following  
link:

[https://www.southportandormskirk.nhs.uk/patients-and-  
visitors/fft/](https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/)

**Thank you**

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