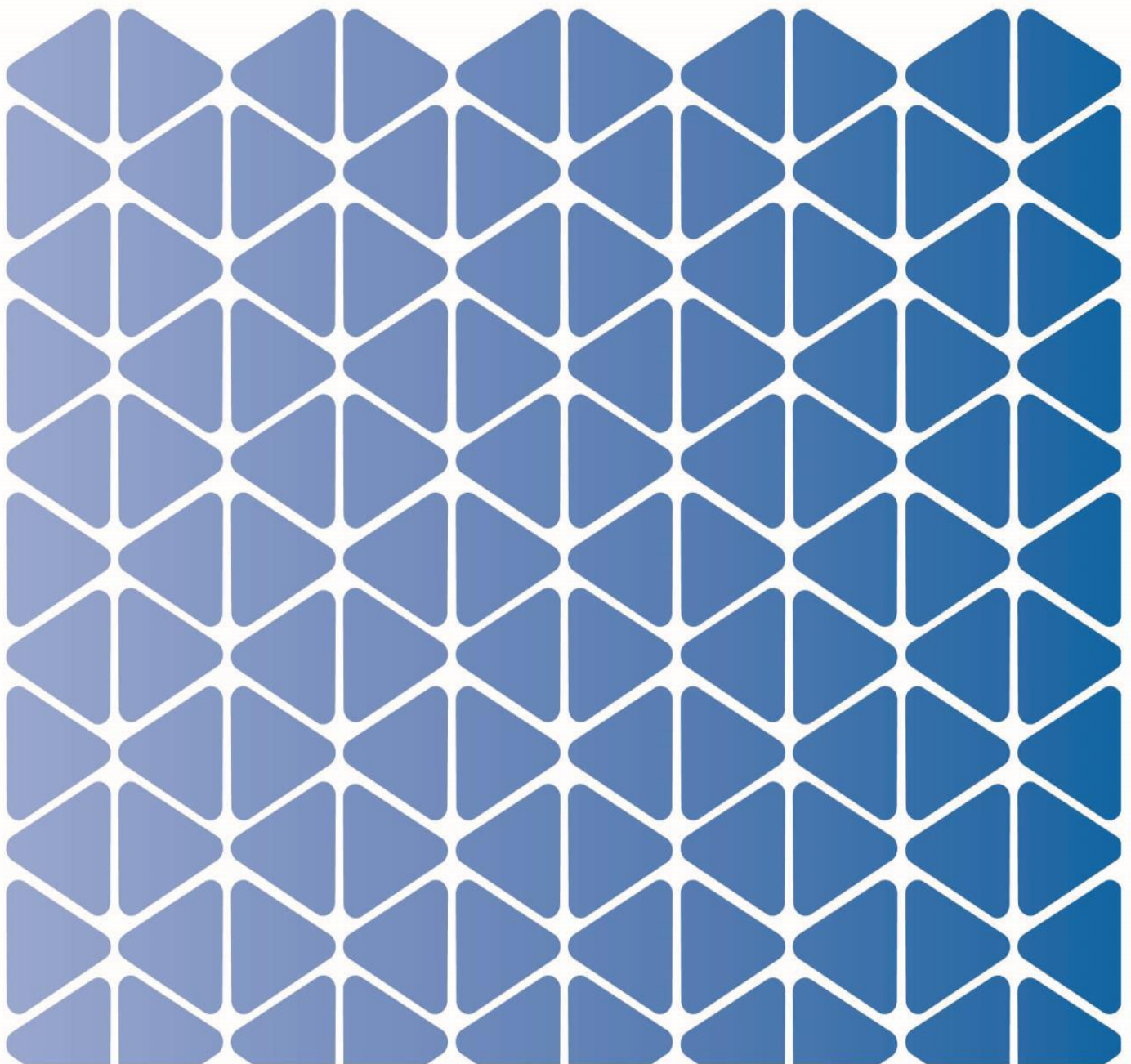


Short Synacthen Test Patient Information Children and Young People



Name:

Date of Admission:

Time of Admission:

Approximate length of stay: 3 hours

Place of Admission: Childrens Clinic, Level 0, Worcester Royal Hospital. WR5 1DD.

Your Doctor has arranged for your Child to be admitted to Childrens Clinic for a Short Synacthen Test.

This test is used to check the amount of cortisol in your body and check how well your body can produce cortisol. Cortisol is one of the essential hormones produced by the adrenal glands.

The medication Synacthen stimulates the body to produce cortisol and we can measure this to see if the body is producing enough cortisol.

What do you need to do before the test?

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

All medications can be taken as normal apart from any steroid medication, this would include any creams or inhalers. The Doctor organising this test will advise you what to do with your steroid medication – including and steroid inhalers or creams.

If you normally take steroid and you become unwell during the time you have been asked to stop the steroid for this test, please **TAKE YOUR STEROID ACCORDING TO YOUR SICK DAY RULES**. Contact Childrens Clinic in the morning of your test and we will discuss next steps.

If you are currently taking the oral contraceptive pill (OCP) you may need to stop this medication 6 weeks before the test is performed. This will be discussed with you.

On the day of the test:

Please bring with you any steroid medication you have omitted for this test as you will be able to take it as soon as the test has been completed

You will be shown to a bed in the Childrens Clinic day case area. We will do a set of observations. This will be: Temperature, Pulse rate, breathing rate, blood pressure and Oxygen levels.

A small plastic tube (Called a Cannula) will be put in. This is usually placed in the back of the hand or the crook of the elbow. We use a small needle to insert the tube, so we will offer a local anaesthetic 'magic' cream or cold spray to numb the skin.

The cannula will be used for all the blood tests needed and for giving the medication – Synacthen.

30 minutes after the cannula is inserted we will take the 1st blood sample from the cannula. This does not involve any more needles. The medication will then be given into the cannula.

We will then take 2 further blood samples from the cannula after the medication:

- At 30 mins
- At 60 mins

After the last sample is collected we will remove the cannula and you will be able to go home.

The Doctor who requested the test will be informed the test is complete and will contact you with the results.

Variations to the test for younger children and babies:

As younger children and babies have smaller veins, it is not always possible to use a cannula to be able to take the blood samples as stated above. It may take multiple attempts to put a cannula in which can be distressing for the child. In this instance we would advise to have the medication given as an injection into the muscle of the thigh. We then take 3 blood samples from a heel/toe prick.

If you have any questions about this test, please do not hesitate to call Childrens Clinic on 01905 733477

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and posters displaying a QR code that can be scanned with your smart phone camera. Family and Friends Test cards can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.