

ACTH (Corticotropin) Stimulation Test (Cosyntropin, Cortrosyn)

In patients considered to have hypocortisolism, ACTH stimulation may be used to assess the ability of the adrenal cortex to respond and increase the serum cortisol.

Procedure:

- 1** Draw baseline serum cortisol in a 6 ml SST, lithium or sodium heparin tube, centrifuge and refrigerate. (Order test code 2120291: pre-ACTH cortisol at time 0.)
- 2** Immediately administer cortrosyn 0.25 mgIM (obtain from pharmacy).
- 3** Draw serum cortisol at 30 minutes and at 60 minutes. (Order test code 2120292: post-ACTH stimulation twice.)

Interpretation:

- Normal: Rise in plasma cortisol of > 7 ug/dl and peak response of > 18 ug/dl.
- Failure to respond: primary adrenal insufficiency.
- Blunted response to ACTH deficiency or prolonged glucocorticoid therapy.