

North Atlanta Endocrinology & Diabetes

Cortrosyn Stimulation Test

Your physician has ordered a Cortrosyn Stimulation Test. You may hear this called a 'cort stim'.

This test is an evaluation of the hormone called cortisol, which helps in controlling your energy and metabolism.

The instructions for you are:

Do not eat or drink any fluids **except water** after midnight the night before your test is scheduled. Please drink water as it will assist in your hydration.

The test will last approximately 60 minutes. The nursing staff will insert an IV needle (or catheter) into your arm, which will remain in place during the entire test. This IV access will allow us to administer the medication, cortisol, as well as draw the blood samples needed for the test. Remember, you will need to keep your arm still during this test.

Please::: **DO NOT bring small children (under age 16)** with you to this appointment. If you bring a small child your test will be rescheduled. You may listen to your iPod or bring a DVD to watch while the test is being administered.

Your physician will review these results and you will receive a call or letter with these results in 7-10 days.

If you have questions about this test please call Rebecca L. Minter, LPN, Clinical Manager, at 770-339-1387, ext 212.