

## ACTH STIMULATION TEST FOR BUDESONIDE-TREATED PATIENTS

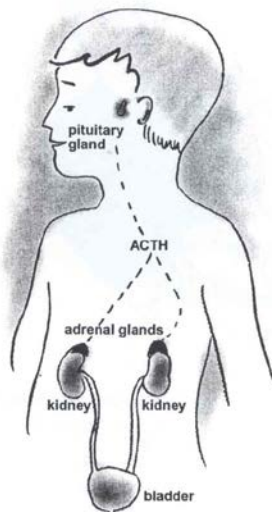
Your doctor has asked your child to have an endocrine assessment (check up by a hormone specialist) and an ACTH stimulation test to find out more about your child's natural cortisol production.

### What is cortisol?

Cortisol is a hormone made by the adrenal gland. This hormone does many jobs in the body. It helps to keep the blood sugar and blood pressure in the normal range. It also helps the body respond to illnesses or accidents.

### Why does my child need this test?

Your child has been taking a steroid medication, budesonide, to help manage eosinophilic gastroenteritis or another gastrointestinal disorder. Another effect of steroids is that they do the job of cortisol. When this happens over a period of time, the adrenal gland rests and does not produce enough cortisol; this is called adrenal suppression. Your child needs this test to check if the adrenal glands have become suppressed.



### How is the ACTH stimulation test done?

The test takes place in the **Medical Investigation Facility (MIF), Room 2C30** in the main hospital building. It takes about 30 minutes. The nurse will start an IV; your child will then be given a dose of synthetic ACTH through the IV. This dose of ACTH will stimulate the adrenal gland to produce cortisol. The nurse will draw three small samples (1 mL, or less than  $\frac{1}{4}$  teaspoon) of blood over 30 minutes. Then the test is over.

*There is no special preparation for this test, and no side effects are expected.*

### Why is this test important?

The results of this test will show if your child's body is making enough cortisol to stay healthy. If not, your child may need cortisol replacement during illness, until his/her body has fully recovered the ability to make its own supply.