

Beaumont

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Collection and Coordination of Cortrosyn Stimulation Test

Document Type: Procedure

I. PURPOSE AND OBJECTIVE:

The purpose of this procedure is to give instruction for the proper coordination of Cortrosyn administration and blood sample collections and timing required for the Cortrosyn Stimulation Test.

II. PROCEDURE:

A. Patient Preparation

The patient need not be fasting the night prior to the Cortrosyn Stimulation Test for Cortisol. A light meal prior to testing is admissible. It is suggested that the test is performed early in the day, preferably in the morning.

B. Orders

It is imperative that this test be ordered in Epic and coordinated with the department that collects the specimens in order to have blood samples drawn at the required times of 0 minute (baseline) and 30 and 60 minutes post administration of Cortrosyn

1. Refer to the Laboratory Test Directory for specific site contacts when ordering the [Cortrosyn Stimulation Test](#)
2. Inpatient requests are performed Monday – Friday, 7:00 am – 3:00 pm.
3. Collections at Royal Oak are obtained by Nuclear Medicine, not the Phlebotomy Department.

C. Specimen Collection and Administration of Cortrosyn

It is optimal for Nursing to coordinate with Phlebotomy or the collecting department to be present at the bedside to collect the baseline serum blood sample. Please note: there is to be no delay between baseline draw and administration of Cortrosyn.

1. **With both phlebotomy or collector and nursing at the bedside:**

- a. The phlebotomist or collector will draw baseline serum blood sample using a 5 ml gold top SST tube.
 - i. **Label the tube "Baseline"** and hold it in the phlebotomy area until the 30 min and 60 min specimens are collected.
- b. After the baseline blood sample is drawn, the nurse or physician will administer one ml (250 mcg) dose of Cortrosyn by an intramuscular injection. For children less than two years old, a dose of 150 mcg will suffice. Intravenous administration of the Cortrosyn is also permissible.
- c. Phlebotomist or collector notes the time the 30 and 60 minute draw are to be collected.
 - i. **The Phlebotomist is to note the time of the 30 and 60 minute draw in the Deferred Draw Action in Rover.**

2. **When phlebotomy or collector and nursing is unable to be at the bedside together:**

- a. The phlebotomist or collector will draw baseline serum blood sample using a 5 ml gold top SST tube.
 - i. **Label the tube "Baseline"** and hold it in the phlebotomy area until the 30 min and 60 min specimens are collected.
- b. The phlebotomist or collector will notify the nurse that the baseline specimen has been collected.
- c. After the baseline blood sample is drawn, the nurse or physician can administer one ml (250 mcg) dose of Cortrosyn by an intramuscular injection or intravenously. For children less than two years old, a dose of 150 mcg will suffice.
- d. Nursing will notify phlebotomy or collector once the Cortrosyn dose is administered.
 - i. **The Phlebotomist is to note the time of the 30 and 60 minute draw in the Deferred Draw Action in Rover.**

3. The phlebotomist or collector will draw blood sample at 30 minutes after Cortrosyn dose was administered and **Label the tube "30 min"**.
4. The phlebotomist or collector will draw blood sample at 60 minutes after Cortrosyn dose was administered and **Label the tube "1hr"** (60min).
5. Once all three specimens are collected and labeled phlebotomy will insert the specimens in a biohazard bag and send to the Specimen Processing/Reception department for processing.

D. Printing Specimen Collection Labels

1. **Do NOT preprint all of the labels at the same time for the baseline, 30 minute, and 60 minute specimens.**
2. Each label is to be printed at the appropriate collection individually.

III. REFERENCES:

Laboratory Test Directory - Cortrosyn Stimulation Test

Approval Signatures

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