

## **Adrenocorticotropin in the plasma (1020, P-ACTH)**

This test is done to check if your pituitary and/ or adrenals are working properly – not too much and not too little.

### **How to prepare yourself for the test**

1. There are medicines that may affect the test result. Tell your doctor about all medicines that you take - those you take regularly and those you take occasionally.
2. The blood sample is taken at 8–10 AM.
3. Avoid strenuous physical activity before blood sampling.
4. Do not strain yourself for at least 30 minutes before the blood sample is drawn. Anxiety and stress tend to increase the ACTH-value.

In matters related to this examination you may contact the hospital unit that ordered the examination.

You may ask for the result of this examination at the hospital unit where you are being treated.

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