



CRH Stimulation Test

You are scheduled to have a corticotropin releasing hormone (CRH) stimulation test. During the test, a synthetic form of this naturally occurring hormone will be given to you. Blood samples will be collected to measure how your pituitary gland and adrenal glands are working.

Preparation: The night before the test, do not eat, chew gum, or drink anything except water after midnight of the day of the test. You will be told if you should stop taking any medications before the test.

The synthetic form of the hormone that NIH uses has not yet been approved by the Food and Drug Administration. You will be asked to sign a consent form before the test starts.

Procedure: You may be asked to arrive 1 hour before the test starts so that a heparin lock can be inserted into a vein in your arm or hand. (The heparin lock will allow blood samples to be taken without repeated needle sticks.) CRH will also be administered through the heparin lock.

After the CRH is given, it will travel through the bloodstream and cause the pituitary gland to secrete another hormone, adrenocorticotrophic hormone (ACTH). ACTH, in turn, will cause the adrenal glands to secrete cortisol and other hormones. At intervals during the test, blood samples will be taken to measure these hormones.

After CRH is given, you may feel a sensation of warmth that can last for up to 30 minutes. You may also have a metallic taste in your mouth that lasts for some time, and then goes away. There are no delayed or long-lasting side effects.

The test will last either 1 or 3 hours.

**After the
Procedure:**

After the last blood sample is taken, and if no other blood tests are needed, the heparin lock may be removed. You may then eat and resume your usual activities.

If you have questions about this test, please ask. Your nurse and doctor are ready to assist you at all times.

**Special
Instructions:**



1999

This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center? OCCC@cc.nih.gov

Where applicable, brand names of commercial products are provided only as illustrative examples of acceptable products, and do not imply endorsement by NIH; nor does the fact that a particular brand name product is not identified imply that such product is unsatisfactory.

National Institutes of Health
Warren Grant Magnuson Clinical Center
Bethesda, Maryland 20892