



Are you having difficulty obtaining ACTH?

Trilostane Monitoring

ACTH stimulation is the go-to test for monitoring response to trilostane therapy. However, this is a hang-over from the days of Lysodren (mitotane) and use of the test has not been supported by studies which show that clinical control is only loosely related to cortisol concentration following ACTH stimulation.

Macfarlane et. al., (2016) found that pre-trilostane cortisol concentration delivers as good an estimate of adrenal control as ACTH stimulation PROVIDED that the dog is clinically well controlled and is not showing signs of illness or hypoadrenocorticism.

Blood (red top) should be taken within an hour of the next trilostane dose i.e. the sample is taken between 23-24 h if on once a day treatment and 11-12 h if on twice daily treatment. Outside the one hour mark the results become difficult to interpret.

In most dogs a pre-trilostane cortisol between 40 and 138 nmol/l indicates adequate suppression.

ACTH stimulation should be considered in dogs which are showing poor control or signs of illness while on trilostane.

References:

Pre-trilostane and three-hour post-trilostane cortisol to monitor trilostane therapy in dogs. L Macfarlane, T Parkin, I Ramsey. *Vet Rec.* 2016;doi:10.1136/vr.103744

Alternatives to ACTH Stimulation for Monitoring Trilostane Therapy. CT Mooney. WSAVA Congress Proceedings, 2018