

## Endocrinology

# Growth Hormone (GH) Suppression Test

Your doctor has referred you for a Growth Hormone Suppression Test. This leaflet aims to provide you with the information you need to prepare you for your test.

Growth hormone is produced by the pituitary, a small gland situated behind the bridge of your nose and at the base of the brain.

### What does the test involve?

During the test your blood will be tested over a two hour period, in order to measure how your blood sugar and growth hormone reacts to Glucose.

The test will last around two hours, for which you will be required to stay in clinic. You may therefore wish to bring a book or magazine.

### Preparation for the test

- **Please do not eat or drink anything except plain water from midnight the day of the test.**
- You should expect to stay at the hospital for around 2 and half hours, you may wish to bring a book or magazine to read.
- If you have diabetes please contact the Endocrine Nurse to discuss before your appointment.

### During the test

- A thin tube known as a cannula will be inserted into a vein in your hand or arm to allow for blood samples to be taken
- A blood sample will be taken to check growth hormone and glucose



## Patient Information

- Following this, a sugary drink (Glucose) will be given – this needs to be consumed within 5 minutes
- Blood samples for growth hormone and glucose will then be taken every 30 minutes for two hours
- Once the test has finished, the cannula will be removed and you will be given a drink before you leave.

## Results

Once the results are back, these will either be sent to you by letter, phone call or discussed at your next clinic appointment.

## Contact the Endocrine Specialist Nurse

If you require more information regarding this test please contact the Endocrine Specialist Nurse, Monday – Friday 8.00 – 16:30 (Answerphone service available when out-of-office) **Telephone: 02476 965983.**

If you are unable to attend for your appointment date it is important that you advise us.

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact: 02476 965983 and we will do our best to meet your needs.

The Trust operates a smoke free policy

### Document History

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