

Further information

You can contact the Endocrinology Nurse Specialist with any questions you may have.

If your enquiry is for the endocrinology medical team please contact their secretaries through the hospital switchboard.

Glucagon Stimulation Test

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Why do I need to have this test?

The purpose of this test is to ensure that your body is producing enough cortisol and growth hormone. Cortisol and growth hormone production is controlled by the pituitary gland.

Cortisol (your body's natural steroid) is vital in helping your body respond to stress and illness. Growth hormone in adults is important in maintaining bone and muscle mass as well as affecting body fat distribution.

A one-off blood test for cortisol is often not enough to be certain that the cortisol and growth hormone levels and a 'stimulation test' is sometimes required.

Should I stop any medication prior to the test?

The Oral Contraceptive Pill (OCP) and Hormone Replacement Therapy (HRT) can interfere with the results and may need to be stopped up to 6 weeks before the test. If you stop the OCP another form of contraception should be used.

If you are on any regular steroid tablets please let your Endocrinologist know. Your Endocrinologist should tell you if you need to stop any other medication and when to restart it.

What does the test involve?

You will need to fast from midnight before the test, plain water is permitted. You will need to attend the Diabetes Centre for around 4 hours for this test.

The nurse will explain the test and place a cannula (a small tube for blood samples) into a vein and take an initial sample for cortisol and growth hormone levels.

You will then have an intramuscular injection in your upper arm of 1mg Glucagon. This causes a rise in your blood sugar, which stimulates insulin production. This will stress your body and should stimulate cortisol and growth hormone production. You will have further blood samples taken at 90, 120, 150, 180 and 210 minutes. The cannula will then be removed and you can go home.

How will I find out the results?

Your Endocrinologist will write to your GP with the results of the test and a copy of this letter will usually be sent to you also.

What if I need advice?

We have a secure confidential answer machine available and email service for patients requiring advice from the Endocrinology Specialist Nurse.

Messages will be assessed and returned in priority order.

If your enquiry is a medical emergency please contact your own GP, NHS 111 or 999 or attend your local Accident & Emergency department.

Endocrinology Specialist Nurse
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