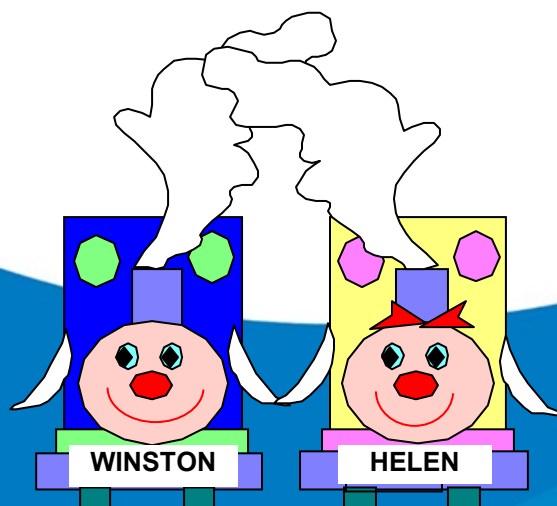


# Luetinising Hormone Releasing Hormone (LHRH) Test

This leaflet can be made available  
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.



## Nature and reasons for the test

This test is performed to check how well the pituitary gland of the human body is working in regulating sex hormone production. The sex hormones regulate the development of sexual characteristics and puberty, including facial hair and voice changes (for boys), underarm and public hair, menstruation (periods for girls) and body odour.

The LHRH test helps to identify disorders of puberty such as:

- Precocious puberty – premature puberty
- Delayed onset puberty

## What is the pituitary gland?

The pituitary gland is a small gland in the brain; it is situated a few inches behind the bridge of the nose. This gland has a major role in the control of your body's hormone production.

Amongst others, it also produced two hormones called gonadotrophins these are:

- Follicular stimulating hormones (FSH) and
- Luteinising hormone (LH)

These two hormones regulate the production of sex hormones.

## Nature of the procedure (test)

There is no special preparation for this test. Your child can eat and drink normally. The test will be performed on Ward 4F at Whiston Hospital. The nurse clinician who will be conducting the test will arrange a date and time that is convenient for you and your family.

We would expect that the doctor requesting the test will take time to explain the test to you when they request the test. However, the nurse will discuss this again with you on the day of the test. The nurse will try to make your child as comfortable as possible whilst on the children's ward. If you would like more detailed information before the test date please ring Ward 4F and ask to speak to the nurse clinician.

On arrival to the children's ward the nurse will introduce herself to you and your child and explain the procedure to you. The child will be asked to lie flat for the duration of the test. Your child will have some "magic cream" applied to the arm over a large vein to help numb the area of overlying skin. This is to minimise pain and discomfort. After 30 minutes a small plastic needle (cannula) will be inserted into the vein in the arm. The cannula will enable the nurse to obtain blood samples at specific times. Thus each time blood samples are needed they will be taken from this cannula preventing repeated, separate blood tests.

The nurse will take a blood sample at the start of the test to check the base line levels of the LH and FSH.

The nurse will then give your child an injection of a hormone called Luteinising Hormone Releasing Hormone (LHRH) through the cannula. In a normal child this injection of (LHRH) will stimulate the body to produce a rise in both the LH and FSH.

Further blood samples will be taken at 30 minutes and 60 minutes after the LHRH injection to check the hormone level and also to see how the body responds to the stimulation.

After the test has been completed the cannula will be removed, your child will be offered some refreshments prior to being allowed home.

### **How will I get my results?**

Your consultant will be able to assess the results in one or two days. Your consultant will contact you with the test results when they are available.

### **What are the benefits of the test?**

The doctor looking after your child will have a greater understanding of the medical problem and thus the appropriate management can be initiated.

### **What are the risks and discomforts of the test?**

The nurse conducting the test will ensure you are made as comfortable as possible. All discomfort will be minimised.

Very rarely your child may have a reaction to the medication given. Rest assured you are in safe hands during your stay with us.

### **Consequences of not having the procedure?**

The doctor looking after your child may not have the full medical information they need to treat your child's symptoms.

If you have any further questions, please contact your child's consultant via their secretary via the hospital switchboard 0151 426 1600. The secretaries are available Monday to Friday 9.00am to 5.00pm.

If you need to contact the department outside of these hours, please phone either:

Ward 3F	0151 430 1616
Ward 4F	0151 430 1791

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

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[www.sthk.nhs.uk](http://www.sthk.nhs.uk)