

GHRH Arginine Test for Growth Hormone Deficiency

Your doctor has recommended that you have a GHRH Arginine Test for Growth Hormone Deficiency.

The aim of this leaflet is to provide you with information about the test so that you can understand why it is being done and what you need to do to perform the test correctly.



Mersey and West Lancashire
Teaching Hospitals
NHS Trust

GHRH Arginine Test for Growth Hormone Deficiency

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 formie, 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 بتسبيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Document Number: MWL2102
Version: 001
Review Date: 01 / 02 / 2027

Why do I need to have this test?

Growth hormone is a hormone that is produced by the pituitary gland in the brain.

The purpose of this test is to see if your body is making enough growth hormone.

This is important because if you have growth hormone deficiency, you may need synthetic growth hormone for your body to work normally.

This test is sometimes used in combination with other tests to help diagnose growth hormone deficiency.

Should I fast or stop any medication prior to the test?

If you are taking growth hormone, you should stop this 1 month prior to the test.

You should fast from midnight on the day of the test (except water).

What does the test involve?

The test will take place from 9am. Please arrive 15 minutes before the appointment. The test will take about 5 hours. Please ensure you plan your day accordingly.

The test will involve administering medications (GHRH - Growth Hormone Releasing Hormone and Arginine) for the test into a vein.

This medication allows us to see if your body is making enough growth hormone. Blood samples will be taken during the test.

It is very common to experience a temporary flushing sensation after the medications have been given. Some people also experience temporary symptoms of nausea, numbness/'pins and needles' and altered taste. You should not worry as these side effects will go away as the medication wears off.

You will be asked to lie flat for 4 hours during the test. If you are not able to do this for health reasons (e.g. breathing difficulty, back pain), please contact the endocrinology secretaries through hospital switchboard. Your blood pressure and heart rate will be monitored at regular intervals during the test. Lunch will be provided after the last blood sample.

The results for the test can take some time to come back. Please allow a month for your endocrinologist to receive the results.

How will I find out the results?

Your Endocrinologist will write to your GP with the results of the test. 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 Nurse Specialist.

Messages will be assessed and returned in priority order.

The Endocrinology Nurse Specialist may be out of the office at times, so please leave a short message including:

- your full name,
- hospital number and
- contact number

They will contact you as soon as possible, this may be on the next working day.

If your enquiry is a medical emergency please contact your own GP, 111, 999 or attend your local accident and emergency.

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: 0151 426 1600

The Endocrinology Nurse Specialist
Tel: 07881 928 197

Email address:
endocrinology.nurse@sthk.nhs.uk