

## Gonadotrophin Releasing Hormone (GnRH) Test

Your doctor has recommended that you have a Gonadotrophin Releasing Hormone (GnRH) Test.

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



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

## Gonadotrophin Releasing Hormone (GnRH) 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 przygotuje.

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 بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

St Helens Hospital  
Marshalls Cross Road  
St Helens  
WA9 3DA  
Telephone: 01744 26633

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

Author: Specialty Doctor  
Department: Diabetes and Endocrine  
Document Number: MWL2384  
Version: 001  
Review Date: 31 / 10 / 2027

## Why do I need to have this test?

Your doctor has recommended that you have a Gonadotrophin releasing hormone test (GnRH test). GnRH is a hormone that stimulates the release of testosterone and/or oestrogen in the body. This test will assess whether injecting this hormone triggers release of testosterone or oestrogen from your testicles or ovaries

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

No specific preparation is required before this test. You may eat and drink as normal and take your usual medications before and after the test.

You **do not need to fast** before this test.

In women who are experiencing periods, the test should be performed between days 3-7 of their cycle (3-7 days from starting your period). This will be discussed with you by the Endocrinology Specialist Nurse prior to booking the appointment.

## What does the test involve?

The nurse will then insert a cannula (a small plastic tube) into a vein in your arm or the back of your hand. This will be used to take blood samples and inject a hormone during the test.

The first sample will be taken at the start of the test. You will then be given an injection of the hormone (GnRH) through the cannula.

You will then have two further blood samples taken to test for hormones including testosterone and oestrogen (for females).

Some people experience side effects of nausea, headaches or abdominal pain after injection of the hormone, though this is very rare.

## 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 Specialist Nurse. Messages will be assessed and returned in priority order.

## Further information

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

## Endocrinology Specialist Nurse

**Tel: 07881 928197**

