

## 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 you need to do to perform the test correctly.

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

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



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## Gonadotrophin Releasing Hormone (GnRH) 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/formatkach.

**Author:** Speciality Doctor  
**Department:** Diabetes and Endocrine  
**Document Number:** STHK1634  
**Version:** 1.1  
**Review Date:** 01 / 12 / 2024

## 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 nurse prior to booking the appointment.

## What does the test involve?

The tests lasts approximately 90 minutes.

Please arrive 15 minutes before your appointment. Upon arrival the nurse will explain the test to you and you will need to lie down upon the bed for the length of the test.

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.

The Endocrinology Specialist Nurse may be unavailable at times, so please leave a short message including:

- your full name
- hospital number or date of birth
- contact number

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

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

## Further information?

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

If your enquiry is for the Endocrinology Medical Team, please contact their secretaries through the hospital switchboard 01744 266 33.

## Endocrinology Specialist Nurse

**Tel: 07881 928197**

**Email: [endocrinology.nurse@sthk.nhs.uk](mailto:endocrinology.nurse@sthk.nhs.uk)**