

SPEG MCN is a network of health-care professionals in Scotland who have a particular interest in the care of children and young adults who have endocrine conditions.

Produced by SPEG Nurses' Sub-Group.

Date of first issue: 31/01/2016

Review date: 31/01/2022

Date of next review 31/01/2025



If you require an alternative format please contact

NSS.EqualityDiversity@nhs.scot

Telephone 0131 275 6000

BSL Contact Scotland BSL Contact.Scotland@contactscotland-bsl.org



Gonadotrophin-releasing hormone (GnRH) test

Information for patients, parents and carers

For more information, contact:

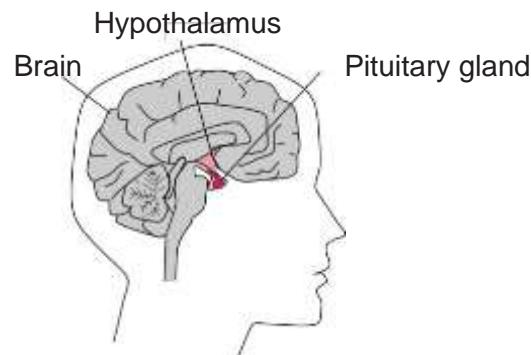
Scottish Paediatric Endocrine Group (SPEG) Network
National Network Management Service
Email: NSS.speg@nhs.scot

www.speg.scot.nhs.uk



We have arranged for your child to have a test to measure the hormones that control puberty. The hormones we measure in both boys and girls are luteinising hormone (LH) and follicle stimulating hormone (FSH), which comes from the pituitary gland. In boys we measure testosterone, which comes from the testicles, and in girls we measure oestrogen, which comes from the ovaries.

Because these hormone levels change throughout the day, to assess your child's hormone response we need to do a test in hospital which will stimulate these hormones to be produced.



How does the test work?

The test involves giving your child a synthetically produced hormone which stimulates the release of LH and FSH. These hormones are measured in the blood samples.

What happens on the day of the test?

Your child may eat and drink as normal. To do the test, we will need to insert a small plastic tube (cannula) into a vein in your child's hand or arm. We will offer your child some numbing cream (or an alternative) to make this more comfortable. The cannula will stay in place for the whole of the test. This allows us to take blood samples to measure the levels of the puberty hormones. At the end of the test we will remove the cannula

and your child can go home. The test itself usually lasts one hour, but you should allow extra time for the numbing cream to work and for any delays in the test getting started.

After the test

The test results will not be available immediately, but we will discuss them with you at your next clinic appointment (if we have not already contacted you before then).

Possible side effects

Your child should expect to feel well throughout the test, but rare side effects have been reported, including nausea, headache and abdominal pain.

Who to contact

Please contact your local nurse or hospital doctor if you need more advice.

Doctor's name.....

Contact number.....

Nurse's name.....

Contact number.....