

Endocrine Department

## **LHRH Stimulation Test**

Information for parents and carers

### **Introduction**

This leaflet aims to provide you with some information about this Endocrine Test; what it involves and how long it will take.

Endocrine tests measure the amount of hormones produced by the body. Hormones are responsible for the control of body functions as well as growth and development.

A number of special tests allow us to look at individual hormone levels or all the hormones levels together.

### **The LHRH Test (Luteinizing Hormone Releasing Hormone)**

This test is used in the assessment of early onset or delayed puberty. The timing of puberty is controlled by the pituitary gland which sits just beneath the base of the brain behind the bridge of the nose. It is very small – about the size of a pea.

The pituitary gland is very important as it controls the timing of puberty and is responsible for the production of hormones. These hormones act upon the ovaries (female) and testes (male). The ovaries produce a hormone called oestrogen in females and in males the testes produce testosterone. These hormones influence the physical development and emotional changes seen during puberty.

### **What will happen?**

For all endocrine tests we give drugs to stimulate the pituitary gland. In this test we give synthetic LHRH to stimulate the body to produce hormones. We then take a series of blood samples at timed intervals over one hour to measure the hormone levels.

The effect of LHRH will wear off very quickly and the hormone levels will return to normal within 1-2 hours.

### **How will it happen?**

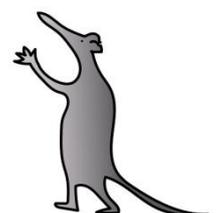
The most convenient way to take blood samples is by placing a plastic needle (cannula) with a valve (tap) attached in a vein. This is usually on the back of the hand or the inside of the elbow. We can apply a local anesthetic cream before doing the test to prevent pain or discomfort. The cream will take approximately 45 minutes to become effective.

### **Can my child eat and drink before the test?**

Yes

### **How long will the test take?**

If your child wants the anaesthetic cream, the test should last approximately two hours.



### Are there any side effects?

These tests do not usually cause any side effects.

### How do I prepare my child?

It is important to talk to your child about the test, explaining everything as simply as possible.

### What should we do if we cannot attend the appointment?

If the date or time is not convenient please contact either the Medical Day Care Unit (G4) reception and another appointment will be arranged.

If the appointment is not needed please let us know as soon as possible and we will offer this appointment to another patient.

Medical Day Case Unit reception: 0151 282 4763  
Monday – Friday 08:00 – 17:00 or leave a message on the answer machine.

### For further information

Please telephone the Endocrine Nurse Specialists on: 0151 252 5534 Monday – Friday 8:00am - 5pm or leave a message on the answerphone.

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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