



Endocrine Department

LHRH Stimulation Test

Information for parents and carers

Introduction

This leaflet aims to provide you with some information about Endocrine Tests; what they involve and how long they 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

This test is performed to check how effectively the pituitary gland is regulating puberty (sex) hormone production. The pituitary gland 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 takes messages from the brain via a gland called the hypothalamus. The hypothalamus uses the messages to produce hormones that effect many parts of the body. This includes stimulating all other hormone producing glands to produce their own hormones.

For this reason it is often referred to as the 'master gland'.

What will happen?

For all endocrine tests we give drugs to stimulate the gland. In this test we give an injection of synthetic LHRH to stimulate the body produce hormones. We then take a series of blood samples at timed intervals to measure the hormone levels. This is to check that the gland is working properly.

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 elbow. We can apply a local anesthetic cream on the back of the hand or elbow before doing the test to prevent pain or discomfort. We will wait for the cream to work, before inserting the cannula.

Can my child eat and drink before the test?

Yes

How long will the test take?

The test should last approximately two hours throughout the course of a morning. Once the cannula is in place your child can sit in an arm chair, watch TV or DVD's.

