

PATIENT INFORMATION SHEET – GROWTH HORMONE RESPONSE TO AN ORAL GLUCOSE TOLERANCE.

Your doctor has asked you to have a glucose tolerance test with measurement of growth hormone. This information sheet tells you what the test is and how you need to prepare for the test.

WHAT IS THE PURPOSE OF THIS TEST?

Growth hormone is normally produced by the pituitary gland, which is a small gland beneath the brain. This test is used to check your production of growth hormone. It helps in the diagnosis and follow-up of patients with acromegaly, a condition caused by excess production of growth hormone by the pituitary gland.

WHAT DO I NEED TO DO TO PREPARE FOR THE TEST?

Please have nothing to eat or drink except water or black tea/coffee (no milk or sugar) for 10 hours before the test. Please avoid smoking on the morning of the test. If you are diabetic, please let us know.

HOW LONG WILL THE TEST TAKE AND WHAT DOES IT INVOLVE?

You should expect your stay at the hospital to last about three and half hours. You may wish to bring a book or magazine to read or you may like to bring your personal radio/cd player (please bring your headphones).

At the start of the test a sample of your blood will be collected from your arm. You will then be asked to drink a flavoured drink containing glucose which you will be asked to drink within ten minutes. Further samples of blood will then be taken every 30 minutes for two and a half hours. The blood samples will then be sent to the laboratory for glucose and growth hormone levels to be measured.

WHAT ARE THE POSSIBLE RISKS OR SIDE EFFECTS OF THIS TEST?

There are no side effects. Some patients may feel slight nausea, particularly if they drink the sugar solution too quickly.

WHAT WILL HAPPEN AFTER THE TEST?

We will send your blood samples to the laboratory for analysis. Once your endocrinologist or requesting physician receives the results of these they will discuss them with you.

WHERE AND WHEN CAN I HAVE THE TEST?

This test is only done at Basildon Hospital and can be undertaken without an appointment on Tuesday, Wednesday Thursday and Friday mornings only. The Department is open from 8.00 am.

WHO DO I CONTACT IF I HAVE ANY QUESTIONS?

If you need any more information, please telephone the laboratory on [01268 524900](tel:01268524900) extension [3030](tel:3030) or [3015](tel:3015) or ask your GP.

Patient self-help groups and further information:

The Pituitary Foundation

PO Box 1944
Bristol BS99 2UB
www.pituitary.org.uk
[0845 450 0376](tel:08454500376)

Disclaimer: The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.