LHRH / GnRH Testing

Children’s Services
Women and Children’s Services

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.
**Introduction**

The aim of this leaflet is to provide you with relevant information regarding a LHRH / GnRH test.

**What are hormones?**

Hormones are chemical messengers that are produced by the glands to help one part of the body communicate with another, by sending signals to certain organs, tissues and cells. There are many different types of hormones that act on different aspects of bodily functions and processes, one of these being luteinizing hormone-releasing hormone (LHRH), also known as gonadotropin-releasing hormone (GnRH).

**What does LHRH / GnRH do?**

LHRH / GnRH is released from the hypothalamus gland in the brain to the pituitary gland where it stimulates the release of two more hormones – luteinizing hormone (LH) and follicle stimulating hormone (FSH). These are released into the blood stream and act on the ovaries or testes to initiate and maintain reproductive functions, allowing the body to reach sexual maturity and eventually achieve fertility.

**What happens if the body produces too little LHRH / GnRH?**

A deficiency of this hormone in childhood means the individual will not achieve sexual maturation and pubertal development, and subsequently, if left untreated, may cause infertility.

**Why is my child having this test?**

Your child may be suffering from symptoms that could be due to low levels of LHRH / GnRH in the body, so the test can allow your child’s consultant to identify any problems and decide on the appropriate treatment and future care for your child.

**What does the test involve?**

Your child will be given some medication. A number of blood samples will then be taken over a period of time.

The test will take approximately 3 hours:

- On arrival you will be met by a member of nursing staff who will show your child to their bed. They will complete a short form in order to check your child’s details with you
- Your child’s weight and height will be taken and recorded
- Before the test starts your child will have local anaesthetic cream applied to the back of their hands and / or inside of their elbows. It will be covered by a clear plaster and it works by numbing the skin and vein ready for when the cannula (small plastic tube) is inserted. Your child may like to have a cold numbing spray before the needle instead
- Around 30-60 minutes after the cream has been applied, it will be wiped away and your child will be ready to have the cannula inserted by a nurse / doctor. A nurse will squeeze your child’s arm or wrist – this makes the vein fill up with blood and makes it easier for the cannula to be inserted into the vein
- The cannula will then be inserted into the vein and will remain there for the duration of the test
- Once the cannula is in position the first blood sample will be taken
Information for patients and visitors

- Your child will then be given the LHRH / GnRH medicine through the cannula. Blood samples will then be taken 30 minutes and 60 minutes after this.
- The cannula will then be removed, your child may then resume their normal activities and be discharged home.

Can my child eat and drink before the test?
Yes they may eat and drink as normal before, during and after the test. Fasting is not required.

Discharge arrangements
Once the test has been completed and the cannula has been removed, they will be discharged home.

When will we receive the results of the test?
You will usually be given a follow up appointment with the consultant to discuss the results and any further actions needed. The nurse looking after your child will check this for you before discharge.

Benefits
Having this test will assist your child’s consultant in deciding upon your child’s future care, management plan and treatment.

Risks
There is a risk that your child may have hot flushes, nausea or headaches when the medication is administrated, however these are very rare and do not last long. There may be bruising at the cannula site, and possible infection at the site, please seek medical advice if the site becomes red or sore.

Alternatives
There are no known alternatives to this test.

Reference Section
www.endoclinesurgeon.co.uk
www.youandyourhormones.info

Contact details for Further Information
Diana, Princess of Wales Hospital
Hospital Switchboard 01472 874111
Rainforest Ward 01472 874111 ext 7520
Children’s Endocrine Nurse 01472 875443

Scunthorpe General Hospital
Hospital Switchboard 01724 282282
Disney Ward 01724 290141
Children’s Endocrine Nurse 01724 282282 ext 2425

Concerns and Queries
If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which situated on C Floor.
Alternatively you can email: nlg-tr.PALS@nhs.net

Together
we care, we respect, we deliver

For more information about our Trust and the services we provide please visit our website: www.nlg.nhs.uk
Information for patients and visitors

Confidentiality
Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour
The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy
The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

Moving & Handling
The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.

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Grimsby
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Scunthorpe General Hospital
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01405 720720
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