Growth hormone response to an oral glucose tolerance test

Department of Endocrinology
Your doctor has recommended that you take this test to help with the diagnosis and the management of your condition. Please would you read this carefully and ask us about anything that is not clear or if you would like more information.

**What is the purpose of the test?**

This test is used to check your production of a chemical messenger called 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 (at the base of the brain).

**How long will the test take?**

The test will take just over 2 hours in total.

**Who will carry out the test?**

The test will be carried out by an endocrine specialist nurse or a phlebotomist (a health care professional trained to take blood).

**What will I have to do?**

Please have nothing to eat or drink except water or black tea / coffee (no milk or sugar) for 10 hours before the test.

**Is any drug or medicine used during the test?**

We will give you a measured amount of a glucose drink, such as Lucozade.
What will happen during the test?
The nurse or phlebotomist may use a needle to insert a small plastic tube into a vein in your arm. We will use this to take blood samples without any more needles. After we have taken the first blood sample, we will give you the glucose drink (such as Lucozade). We measure your response to the test by taking more blood samples every 30 minutes for two hours. After this you are free to go home.

What are the possible risks or side-effects of the test?
None.

What are the alternatives to the test?
This is a safe way to assess your production of growth hormone. You will also need other blood tests to measure other hormone levels.

What will happen after the test?
We will send your blood samples to the laboratory for analysis. This means it can take some time for the results to come back to us. Once we have them back, your endocrinologist or endocrine specialist nurse will discuss them with you.
Who do I contact if I have any questions?

Royal Sussex County Hospital 01273 696955
Endocrine specialist nurse Extension 4379

Princess Royal Hospital, Haywards Heath 01444 441881
Endocrine specialist nurse Extension 5660

If you have any urgent or emergency questions then your GP can advise you or they will contact the hospital on your behalf.

Patient self-help groups and further information:

The Pituitary Foundation
PO Box 1944, Bristol BS99 2UB
www.pituitary.org.uk 0845 450 0376

The Pituitary Foundation 86 Colston Street, Bristol BS1 5BB
Website: www.pituitary.org.uk
Email: helpline@pituitary.org.uk
Support and Information Helpline: 0117 370 1320
Monday-Friday 10am-4pm

Pituitary Foundation Endocrine Nurse Helpline: 0117 370 1317
providing medical information and support
Monday 10am to 1pm; Monday 6pm to 9pm;
Thursday 9am to 1pm.