

# 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**  
Endocrine specialist nurse

01273 696955  
Extension 4379

**Princess Royal Hospital, Haywards Heath**  
Endocrine specialist nurse

01444 441881  
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**

**Website:** [www.pituitary.org.uk](http://www.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

Mondays 10am -1pm, 6pm - 8pm; Tuesdays 11am - 2pm;

Wednesdays 10am -12 noon, 6pm - 8pm.

**Text Support - 07786 202 249** Ask questions via text message and the Helpline team will respond within 24 hours (except at weekends and Bank Holidays). The reply to you will appear as a text from 'Pituitary' on your mobile phone.

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#### 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.

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