

## GnRH Stimulation Test (1 of 1)

A gonadotropin releasing hormone (GnRH) stimulation test has been arranged for you, (you may have also heard this test called an LHRH test). During the test, a synthetic form of this naturally occurring hormone will be given to you. Blood samples will then be collected to measure how your pituitary gland is working.

Preparation	Usually, there is no preparation for this test.
Procedure	Before the test, a heparin lock will be inserted into a vein in your arm or hand. The heparin lock is a device that is inserted into a vein in your hand or arm and allows repeated blood samples to be taken without repeated needles in your veins). GnRH will also be given through the heparin lock. After GnRH is given, it will stimulate your pituitary gland to secrete two hormones: luteinizing hormone (LH) and follicle stimulating hormone (FSH). At intervals during the test, blood samples will be taken through the heparin lock to measure these hormones. The test usually lasts 2 hours.
Side-Effects	Patients usually feel no side effects or sensations from the test. If the test is to assess for precocious puberty, then occasionally following the test menstrual bleeding may be noted. The following potential side-effects have been noted: nausea, headache, abdominal pain, increased menstrual bleeding and rarely hypersensitivity reaction.
After the Procedure	After the last blood sample is taken and if no other blood tests are needed, the heparin lock will be removed. You may then resume your usual activities and go home.

If you need this information in another language or medium (audio, large print, etc) please contact the Patient Advice and Liaison Service (PALS) on 0800 374 208 email: [palservice@salisbury.nhs.uk](mailto:palservice@salisbury.nhs.uk)  
You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the Data Protection Act 1998.

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