



University Hospitals Birmingham
NHS Foundation Trust



Corticotropin Releasing Hormone (CRH) Test

– information for patients

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Your doctor has recommended that you have a CRH test to measure some very specialised hormones in your body (the adrenocorticotrophic hormone (ACTH) and cortisol). This test involves us giving you an injection of a corticotropin releasing hormone (CRH) followed by a series of blood sampling. The purpose of this test is to help us to find out if your pituitary gland is causing an imbalance of steroid hormones in your body, known as Cushing's disease.

Preparation for the test

- You should not eat anything from 11pm the night before your test.
- You can take all your usual medications on the day of the test with minimal water.
- Please bring all your usual medications with you to the test. The nurse will document these, and you will normally be allowed to take your medications at the end of the test. The test will last for at least 3 hours.
- Please come to Endocrine Day Case Unit at 08.30 am on the morning of the test.
- Children are advised not to attend. However, if this poses a particular problem for you please discuss this with us.

What will happen during the test?

- A nurse will insert a cannula which is a small plastic tube used to take blood samples into a vein in your arm.
- You will be given an injection of a hormone through this cannula. This may cause you to feel a 'flushing sensation' for a few seconds, other reactions are very unusual (i.e. feeling nauseated and sickness).
- A series of blood samples will be taken over a period of approximately two hours.
- If you have diabetes, this test may cause a temporary rise in your blood glucose levels for a few days after the test. The nurse looking after you during the test will advise you about what to do if this happens.

- The test takes two hours from the time the injection is given so please allow at least three hours to be in the unit.
- You will be resting in a reclining bed and you may eat and drink as normal after the test.
- You should be able to undertake normal activities after the test and it should not interfere with your ability to drive home.

What will happen after the test?

- You will be able to take your usual medications immediately after the test.
- The result of your test will be reviewed by the endocrinology doctor.
- You do not have to contact the department for your test result as you will be contacted directly if necessary.
- Your doctor will also be informed of the result of your test.
- If necessary, you will be called back into the clinic to discuss the result especially if you need to start on any treatment.
- Sometimes, it is also necessary for us to contact you by telephone, so please provide us with your home and mobile telephone numbers when you come in for your test.

Please remember that the timing of your endocrine test is important so please report directly to the unit at 08.30am. If you are unable to keep your appointment, please contact the department and we will try to rearrange it for you.

Contact Details

Please go to the following location for your CRH test:

Endocrine Day Case Unit

Area 1A, Outpatient Department

Ground Floor, Queen Elizabeth Hospital Birmingham

Mindelsohn Way, Edgbaston, Birmingham B15 2GW

If you have any queries please contact;

Endocrine Clinical Nurse Specialist Team

Email: EndocrineNurses@uhb.nhs.uk Tel: 0121 371 6950

If your call is not answered please leave a voicemail message stating your name, hospital number, contact number and your query. A member of the nurse team will return your call.



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

Endocrine
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham B15 2GW
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