



University Hospitals Birmingham
NHS Foundation Trust



Fasting gut hormone test

– information for patients

Building healthier lives

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

Your doctor has recommended that you have a fasting gut hormone test to check the levels of certain hormones produced by the gut when you have not eaten or drunk anything. This can be useful for the diagnosis of endocrine tumours of the gastrointestinal tract (the organ system responsible for transporting and digesting food, absorbing nutrients, and expelling waste).

Preparation for your test

- You need to fast overnight for at least 10 hours prior to the blood collection the next morning.
- If you are on a proton pump inhibitor tablet (e.g. omeprazole, lansoprazole, dexlansoprazole, esomeprazole, pantoprazole, rabeprazole), you need to stop these medications 2 weeks prior to the test. If it is not possible to stop the medication, it can be switched to a H2 antagonist (cimetidine, ranitidine, famotidine or nizatidine). H2 antagonists should be discontinued for a minimum of 72 hours before the test. Please contact the endocrine team on the number below if you need any advice.
- Please bring the medication that you have omitted with you.
- The test will last for no more than an hour.
- You will be able to drive home after the test.

What will happen during your test?

- You will be seated comfortably and introduced to the person performing the test.
- An explanation will be provided as to what to expect.
- A blood sample will be taken once between 08:30 – 09:30am to check your gut hormones. This will be placed on ice and transported to the laboratory.

What will happen after your test?

- You will be able to take your medication as usual immediately after the blood samples are taken.
- 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 the timing of your endocrine test is important so please report directly to the unit before 09.00am. 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 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
Telephone: 0121 627 2000
