



**University Hospitals Birmingham**  
NHS Foundation Trust



# Gonadotropin Releasing Hormone (GnRH) Test

– information for patients

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[www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

Your doctor has recommended that you have a gonadotropin releasing hormone test to measure a very specialised hormone in your body called gonadotropins. This involves us giving you an injection of a hormone called gonadotropin-releasing hormone (GnRH), followed by a series of blood sampling.

## Preparing for your test

- You can eat and drink as usual before and during the test.
- You can take all your usual medications on the day of the test.
- 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 90 minutes.
- Please come to Endocrine Day Case Unit at 08:30am 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 your test?

- A doctor or nurse will explain the test to you.
- You will need to lie down on a bed for the duration of your 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 nausea, headaches and abdominal pain, however this is rare.
- A series of blood samples will be taken over a period of approximately an hour.
- 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 your 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** the timing of your endocrine test is important so please report directly to the unit before 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 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](mailto: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](http://www.uhb.nhs.uk/health-talks.htm) or call 0121 371 4323.

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Telephone: 0121 627 2000

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