



University Hospitals Birmingham
NHS Foundation Trust



TRH Test **(Thyroid Releasing Hormone)**

Building healthier lives

UHB is a no smoking Trust

Your doctor has recommended that you have a thyroid releasing hormone (TRH) stimulation 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 and thyroid glands respond.

Preparation for your test

- There is usually no preparation for this test
- You can eat and drink prior to the test

What will happen during your test?

- Before the test, a cannula (plastic needle) will be inserted into a vein in your arm or hand. This cannula will allow blood samples to be taken without repeated needle sticks
- TRH will also be administered through your cannula
- After TRH is given, you may feel some of these sensations:
 - a) a strong urge to urinate
 - b) nausea
 - c) a hot, flushed feeling
 - d) a metallic taste in your mouth
 - e) fast heartbeat
- These feelings should disappear within five minutes after TRH is given
- After the hormone is given, it will travel through the bloodstream and cause the pituitary gland to release thyroid stimulating hormone (TSH). TSH causes the thyroid gland to secrete thyroid hormones. At several intervals during the test, blood samples will be taken to measure these hormones
- The test will last for not more than three hours

What will happen after your test?

- After the last blood sample is taken and if no other blood tests are needed, the cannula will be removed. You may then resume your usual activities

- The result of your test will be reviewed by the endocrinology doctor/specialist nurse
- 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 have any treatment
- Sometimes, it is also necessary for us to contact you by telephone, so please provide 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 at the time specified in your appointment letter. If you are unable to keep your appointment, please contact the department and we will try to rearrange it for you.

Contact Details

If you have any queries please contact:

Queen Elizabeth Hospital Birmingham

Email (preferred method): **EndocrineNurses@uhb.nhs.uk**

Telephone: **0121 371 6950**

(we will aim to return telephone call within 3–5 working days)

Heartlands, Solihull and Good Hope Hospitals

Email (preferred method): **EndocrineCNSreferral@heartofengland.nhs.uk**

Telephone: **0121 424 2487**

(we will aim to return telephone call within 3–5 working days)



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