# Fasting Gut Hormone Test

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 and this can take up to 4 weeks.
- 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

**Queen Elizabeth Hospital Birmingham**
- Email (preferred method): **EndocrineSecretaries@uhb.nhs.uk**
- Phone: **0121-371-6950**
(we will aim to return telephone call within 3-5 working days)

**Birmingham Heartlands, Solihull and Good Hope Hospitals**
-Email (preferred method): **EndocrineNursesHGS@uhb.nhs.uk**
- Phone: **0121-424-2487**
(we will aim to return telephone call within 3-5 working days)

## Accessibility



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