

Gonadotropin Releasing Hormone (GnRH) Test

Your Endocrine 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 Unit/Clinic Unit/Clinic at least 10 minutes before your appointment time
- 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 10 minutes before your appointment time. If you are unable to keep your appointment, please contact the department and we will try to rearrange it for you.

Information for Patients

Contact details

Queen Elizabeth Hospital Birmingham

Email (preferred method): **EndocrineNursesQEHB@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)

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.