

# Growth Hormone Stimulation Test

Test ordered by:

---

Date of test:

---

Time:

---

## To Learn More

- Call the Endocrine nurses with questions  
206-987-1529
- Call the scheduler to cancel or reschedule  
206-987-5610

## Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers  
206-987-2280 (TTY)

## Why is this test being done?

This test is being done to find out how much growth hormone your child's pituitary gland can produce. Your child will take medicine either by mouth (Clonidine or carbidopa/levodopa, also known as Sinemet), through an IV tube in a vein (Arginine), or by injection (Glucagon). All of these medicines stimulate the release of growth hormone from the pituitary gland.

Plan to be at Seattle Children's all morning. We will need to take blood samples about every 15 to 30 minutes.

Your child may have a few side effects. Sometimes, carbidopa/levodopa (or Sinemet) causes nausea, dry mouth, headache and a decrease in blood pressure. Clonidine may cause drowsiness and a decrease in blood pressure. Arginine and Glucagon can cause low blood sugar, which may lead to lightheadedness or nausea. Many children do not have these side effects. If side effects occur, they often pass before the test is finished.

## How do I prepare my child for the test?

- Your child needs to fast after midnight on the night before the test. Fasting means that your child may not have any food or liquid other than water.
- Drink water. It is very important for your child to drink a lot of water from the time they wake up in the morning until the test is done.
- Take daily medicine (Synthroid or antibiotics) at regular times with the water.
- Your child should feel well and not have a fever the day of the test.
- Bring a snack for your child to eat after the test.
- Bring books, toys or games for your child to use during the test. We have a TV with a DVD player and a VCR, so feel free to bring a favorite movie.

## Where do we go for the test?

Enter Children's at any Whale entrance and check in at the 6th floor Balloon registration area. This is the Hem/Onc registration desk. Please have a seat in the waiting area and someone will come out to meet you.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 1993, 2003-2007, 2009 Seattle Children's, Seattle, Washington. All rights reserved.

10/09  
PE276