

Growth Hormone Stimulation Test

Test ordered by:

Date of test:

Time:

For questions or to reschedule the test

- For questions about the test call the Endocrinology Nurses: 206-987-2640, option 4
- To cancel or reschedule the test, call the Scheduling office: 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?

This test is done in the Ambulatory Infusion Unit located within the Hem/Onc clinic. A variety of longer, more specialized blood tests are done here in addition to chemotherapy and other medicines that are needed through an IV. To get to the Infusion Unit, enter Seattle Children's at the Whale entrance and go to the 6th floor Balloon registration to check in. This is the Hem/Onc registration desk. Once checked in, please have a seat in the waiting area and someone will come out to meet you.