

## (IV) Arginine Test for Growth Hormone

Ordered by:

---

Date of test:

---

Time:

---

Type of test:

---

### 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. A medicine called arginine is given to stimulate the release of growth hormone.

### How is the test done?

The test is done by placing a small needle into your child's vein (IV) and then giving arginine through the IV for 30 minutes. Next, blood is drawn through the same IV 15, 30, 45 and 60 minutes after the medicine is given.

Arginine can cause low blood sugar. Your child's blood sugar will also be checked every 15 minutes.

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

- After midnight on the night before the test, your child needs to be **fasting**. Fasting means that your child may not have any food or liquid other than water. Daily medicines (Synthroid or antibiotics) may be taken at regular times with small sips of water.
- Your child should be feeling 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 and VCR/DVD player, so feel free to bring a video for your child to watch.

### Where do we go for the test?

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

### Who do I call if I have questions or need to reschedule or cancel the test?

Please call the Endocrine nurses at 206-987-2640, option 4 if you have questions about the test or about these instructions. If you need to cancel or reschedule the test, please contact the Scheduling Center at 206-987-2640, option 1. Thank you!

### To Learn More

- Endocrinology  
206-987-2640, option 4
- Ask your child's healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### 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)

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.

© 2006, 2009 Seattle Children's, Seattle, Washington. All rights reserved.

10/09  
PE362