

Thyroid-Releasing Hormone (TRH) Test

Ordered by: _____

Date of test: _____

Time: _____

Type of test: _____

Why is this test being done?

The thyroid-releasing hormone test helps us learn how your child's thyroid gland is working.

How is the test done?

We put a small needle with tubing (an IV) into a vein in the back of your child's hand or inside part of the arm. We can draw fluids out or put fluids in through this IV without having to keep poking your child.

A small amount of blood is drawn from the IV for the baseline lab test. This tells us what your child's normal thyroid levels are. Your child will then receive medicine through the IV that will stimulate his thyroid gland. Blood is drawn from the IV every 20 minutes for the next hour.

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.

- If your child is taking thyroid medicine, do not give the medicine on the day of the test.
- Bring books, toys or games for your child to use during the test. We have a TV and VCR, so feel free to bring a video, too.

Where do we go for the test?

Enter Children's at any Whale entrance and check-in at the 6th floor registration desk in the Whale zone. TRH tests are done in the Endocrinology unit. Ask the greeter at the front desk to direct you to the unit.

Who do I call with questions or to reschedule or cancel the test?

Please call the Endocrine nurses at (206) 987-1529 if you have questions about the test or about these instructions. If you need to cancel or reschedule the test, please call the Scheduling Center at (206) 987-2640, option 1.

TO LEARN MORE

- Endocrinology (206) 987-2640
- Your Child's Health-Care Provider

Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.

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