

# Growth Hormone Suppression Test

## Background

This test is done to diagnose possible increased growth hormone production. It measures the change in blood growth hormone after a known amount of glucose has been taken by mouth. Glucose reduces growth hormone production but if the growth hormone is not reduced on testing following the glucose drink, it would indicate the master gland (pituitary) is producing more growth hormone.

## Key points

Please ensure your child:

- Has a normal diet and normal level of physical activity for three days before the test.
- Fasts from midnight (or such time as advised by their doctor) before the test. It is fine for them to drink water.
- Remains fasting until the end of the test.

The test will be arranged for first thing in the morning.

- If your child is unwell (fever, vomiting or diarrhoea), please phone the Day Treatment Unit on 6456 3772 to cancel and rebook.

## Arrival

Please go to the Day Treatment Unit. It is on the first floor at Clinic E. Take the Yellow or Pink lifts.

## The Growth Hormone Suppression Test

Once admitted a local anaesthetic cream will be applied to your child's hand and/or inner elbow. This cream takes about an hour to work. An intravenous line can then be put in without causing any pain.

A needle is used to insert the intravenous cannula. Once in the vein the needle is taken out. A plastic tube is left lying in the vein. This plastic tube should not cause any pain. Once in, it stays in for the whole test.

At the start of the test baseline blood samples are taken. Your child is then given a flavoured glucose drink (300ml) to be drunk within five minutes. Your child will need to stay seated throughout the test.



Blood samples are taken every 30 minutes after the glucose drink. The blood samples are taken using the plastic tube. The blood samples are sent for testing. The test will take three hours.

Possible side effects are nausea and vomiting.

After all the samples are taken, your child will be given lunch, the intravenous line will be removed and you can go home if your child is otherwise well.

## Results

The results will be sent to your child's doctor in 2-3 weeks. You will receive these results at your next Endocrine Clinic or private endocrine appointment, or your child's doctor may phone you.

## Disclaimer

The test requested by your child's doctor requires your child to consume a glucose drink which contains food additives approved for use in Australia. These additives are also used in many sweet food items such as muesli bars and fruit juices. Allergic reactions to these additives are very rare however if you think your child may be allergic to any of the following you should inform the collection staff:

202 (Sorbate): 211 (Benzoate): 330 (Citric acid): 143 (Fast Green).

**This document can be made available in alternative formats on request for a person with a disability.**

**Child and Adolescent Health Service**  
15 Hospital Avenue, Nedlands, WA, 6009  
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Government of **Western Australia**  
**Child and Adolescent Health Service**

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