

# Overnight Growth Hormone Test

## Background

Growth hormone is made by the pituitary gland of the body. This happens in little bursts, mainly at night. The overnight test is to check how much growth hormone your child normally makes during the night while asleep. No drugs are given to stimulate the pituitary gland to produce growth hormone during this test. The growth hormone can then be measured in the blood to see how much your child can make.

## Key points

You will:

- Need to have a very late night the evening prior to the test and wake earlier than usual on the day of the test.
- Do not allow your child to sleep during the day.
- Feed your child normally during the day but avoid stimulants such as coffee, tea, coca cola, chocolate etc.

If your child is unwell (fever, vomiting or diarrhoea), please phone 6456 2222 and speak to the 'Bed Manager' to cancel and rebook.

## Arrival

You will usually be asked to arrive in the afternoon at 3pm on the day of the test. Please go to the ward stated on the admission letter.

## The Overnight Growth Hormone Test

Once admitted a local anaesthetic cream will be applied. This cream is applied to your hand and/or inner elbow. This cream will numb the skin. 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.

Later in the evening, when your child goes to sleep, blood samples will be taken without disturbance to your child's sleep. The blood samples are taken every twenty minutes throughout the night. The blood samples are taken using the plastic tube. The blood samples are sent for testing to measure the growth hormone levels.



When the child wakes in the morning, he/she can eat breakfast and be discharged if there are no other tests planned to take place.

## Results

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

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

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**Child and Adolescent Health Service**

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