

Patient information

Gonadotrophin Releasing Hormone (GnRH) Test

Diabetes and Endocrinology Speciality

Why do I need this test?

This test is performed when a condition called hypogonadism (decreased levels of testosterone in men and oestrogen and other hormones in women) is suspected.

The symptoms of hypogonadism usually include:

For women irregular or absent periods, hot flushes, mood swings,

For men loss sex drive, tiredness, muscle aches and erectile dysfunction.

The test helps to find out the site of problems whether it is mainly at the gonads (testicles in men and ovaries in women), pituitary gland or higher up in the brain.

Are there any risks or side effects?

These are rare but may include nausea, headache, abdominal pain, increased menstrual bleeding or irritation at the injection site.

What will happen if I decide not to have this investigation?

You need to discuss the implications of not having the test with your doctor in the endocrine clinic

Before the test

- If you are taking Hormone Replacement Therapy (H.R.T), you need to stop taking this for at least two days before your test (48 hrs.)
- If you are taking the oral contraceptive pill, you need to stop taking these four to six weeks before your test and use alternative methods of contraception.
- If you are having testosterone replacement injections, the test should be booked just before your next injection is due.
- If you are using testosterone patches, gel or tablets - you need to stop these for 24 hours before your test.

This is because we may not be able to find out what is wrong if you are already having treatment.

You do not have to stop eating or drinking for this test providing this is the only test you are having.

What happens during the test?

- On the day of your test a nurse will check your details and explain the test to you. You will be on the ward for about two hours.
- A nurse will put a small tube (cannula) into your vein, blood samples will be taken and the injection of hormone is given through this tube. This means you will not have to have lots of needles.
- We will take a blood sample to measure the level of pituitary hormone and male or female sex hormone in your blood.
- We will then give you an injection of G.n.R.H (gonadotropin releasing hormone a hormone produced usually by a part of the brain called hypothalamus which stimulates the pituitary gland to release its hormones)
- We will take further blood samples 30 minutes, 60 minutes, and 90 minutes after this injection to check your body's response.
- The cannula will then be taken out and you will be able to go home straight away.

What will happen after the test?

- Once you have completed the test, the results will be reviewed by endocrine doctors and they will contact you directly if necessary.
- Further investigation and management will be discussed in the endocrine clinic.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

If you have any query or do need to speak to doctors please contact on call endocrine doctor via hospital switch board:

Tel: 0151 706 2000

Text phone number: 18001 0151 706 2000

If you have any worries or questions about the test or the date is inconvenient please contact the Medical Day Case Unit

Medical Day Case Unit

Telephone number: 0151 706 2396

Text phone number: 18001 0151 706 2396

Opening Hours:

07:30 – 20:00 Monday to Thursday

07:30 – 16:00 Friday

www.pituitary.org.uk

Royal Liverpool Hospital and Broadgreen Hospital

PIF 999 V4

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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