

Patient information

Thyrotrophin Releasing Hormone Test

Diabetes and Endocrinology Speciality

Why do I need this test?

This test is performed to identify thyroid hormone resistance and a benign tumour of the pituitary gland secreting thyroid stimulating hormone. This test is also performed very rarely to diagnose hypothyroidism (underactive thyroid) due to the problems at the pituitary gland or higher up in the brain.

Are there any risks or side effects?

- You may feel like you are passing urine while you are being given the injection.
- You may have a hot flush.
- You may feel dizzy, sick or get a metallic taste in your mouth.
- Very rarely, you may feel wheezy, particularly if you have asthma.

These side effects usually stop after a few minutes. You will be closely monitored.

Before the test

What do I need to do before the test?

- If you are taking thyroxine tablets, you need to stop taking them for at least three to four weeks before the test.
- You do not have to stop eating or drinking for this test.

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 and blood samples will be taken and the injection of hormone 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 in your blood. We will then give you an injection of T.R.H (Hormone produced by a part of our brain called hypothalamus) to stimulate your pituitary gland to release its hormones.

- We will take further blood samples 20 minutes and 60 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?

- 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

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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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