

Patient information

Glucagon Stimulation Test

Diabetes and Endocrine Speciality

Why do I need this test?

This test is performed to find out if your pituitary gland is producing enough growth hormone and if you have enough steroid reserve. This test is usually performed when growth hormone or steroid hormone deficiency is suspected.

Are there any risks or side effects?

The main side effects are nausea, vomiting, diarrhoea and rarely, pain, swelling or redness around the injection site.

Preparation before the test:

- If you are taking any of these medications below, they need to be suspended as advised by your endocrine doctor,
- If you are taking hydrocortisone tablets, you need to stop taking these on the morning of your test. Please have your morning dose soon after the test and continue as usual.
- Oral oestrogens (oral contraceptive pills, HRT) should be discontinued for six weeks before the test
- If you are taking growth hormone replacement, you need to stop 24 hours before your test.
- Bromocriptine needs be stopped 48 hours of the test
- Cabergoline at least seven days before the test
- If you are on octrotode LAR monthly injections, the test should be booked just before the next injection is due.
- Octreotide subcutaneous injections need to be stopped 24 hours before.
- You need to fast from midnight before your test.
- Oral oestrogens such as combined pills and Hormone replacement therapy should be discontinued for six weeks before the test

Are there any alternative treatments available?

Insulin Tolerance Test (ITT), however this test is simpler and widely used.

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.

What happens during the test?

- On the day of your test nurse will check your details, weigh you and explain the test to you. You will be on the ward for about five hours and supervised by the nurse.
- A nurse will put a small tube (cannula) into your vein and blood samples will be taken through this tube, which means you will not have to have lots of needles.
- We have to wait about 30 minutes after putting in the cannula before we can start the test. This is so the hormones can go back to a normal level.
- We will then take blood samples to measure the level of pituitary hormone and glucose in your blood.
- We will then give you an injection of Glucagon
- We will take blood samples from your cannula every 30 minutes for four hours to check your body's response.
- When the test is finished we will give you something to eat and drink. The cannula will be taken out and you will be able to go home about 30 minutes after you have eaten.
- You can restart your regular medication 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

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Review date: February 2025

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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