

The Growth Hormone Stimulation Test



What to do
What to bring
What to expect



Your healthcare professional wants to test you for growth hormone deficiency (GHD). Part of this testing involves a growth hormone (GH) stimulation procedure called a “stim test.”

Growth hormone stimulation

Since GH is secreted in several bursts throughout the day, a random blood test might miss the burst. So, to see if you are GH deficient, one or more selected medications will be given by your healthcare professional. This test will measure how well the pituitary gland secretes GH in response to the medication(s).

The results of this test are very important, because they can help your healthcare professional determine appropriate next steps.



What to expect on test day

What to expect

- Be sure to check with your healthcare professional for specific instructions.
- Your healthcare professional will tell you not to eat prior to the test.
- You will be given a medicine that causes your pituitary gland to release GH into the blood.
- Usually an IV is used. It may be placed into a vein in your hand or arm. Thus, you won't have to be pricked each time a blood sample is taken. It may sting a bit when it first goes in.
- You will have multiple blood samples taken over a period of time.
- After blood samples are taken, the lab will measure the amount of GH in each one to find out whether your pituitary gland is making enough GH.
- Before your test is over, you can enjoy your snack to help raise your blood sugar.

What to bring

- Wear comfortable clothes — something with short sleeves that can be easily pulled up are best.
- Bring any medications that your healthcare professional prescribes in preparation for the stim test.
- Bring a quick energy, high-protein snack and drink for **after** your test — like peanut butter on crackers with fruit juice.
- Bring a book, crossword puzzles, or a portable music player with headphones, since you may need to wait for the test to start or sit quietly or lie down during the test.
- Bring any additional items your healthcare professional suggests.

What to do afterwards

- Have someone drive you home as you may be drowsy after the test and need to rest.
- Once the results are in, your healthcare professional will go over them with you and discuss appropriate next steps.



Answers to commonly asked questions about the test

Your healthcare professional is your primary source of information.

Should I take my scheduled medications the night before or the day of the test?

Unless you're told otherwise by your healthcare professional, yes — take your regular medications when and as you normally would.

How early should I get there?

It's best to try to arrive about a half-hour before test time to get comfortable with your surroundings, and fill out any necessary paperwork.

What potential side effects should I look for during or after the test?

Depending on the medication you are given, you may feel tired, dizzy, or experience nausea, vomiting, headache, or flashes. Please discuss the side effects of the recommended test with your healthcare professional. Once you've eaten your snack and are alert, you'll be ready to go home to rest, eat, and drink normally. Most people are back to normal activities the next day.

When will I get the results?

You'll need to make an appointment with your healthcare professional to go over the results and discuss appropriate next steps.

How long will the test take?

Depending on which medications are used, how many samples are drawn, and the location of the test, it can take anywhere from two to four hours. A second day may be needed to complete testing.

When should I stop eating and drinking before the test?

Usually you shouldn't eat or drink anything the night before your test day. *Please check with your healthcare professional for specific instructions.*

Are there any special instructions for people with diabetes or low blood sugar?

If you have diabetes or low blood sugar, ask your healthcare professional if you can eat beforehand, and if there's anything else you should do.

Stim test is scheduled for:

Date: _____

Time: _____

Place: _____

Healthcare Professional: _____

Phone: _____

Additional instructions:

For more information,
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or call **1-866-NUTROPIN**
(1-866-688-7674).

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