

## GnRH STIMULATION TEST

Your doctor has asked you to do a GnRH (gonadotropin-releasing hormone) stimulation test to check your child's pituitary gland response to those hormones involved in puberty. This test is usually ordered for children with early (precocious) puberty or delayed/stalled puberty.

For puberty to happen, the hypothalamus makes a hormone called GnRH that triggers the pituitary gland to make LH and FSH. These 2 hormones act on the gonads (testes or ovaries) to start puberty.

If the pituitary gland is not working correctly, the body may make either too much or too little of these hormones.

This test will help you and your health care team understand what is happening in your child's body.

### How is this test done?

1. No fasting is required if this is the only test ordered.
2. The test is done in the Medical Investigation Facility (MIF) Room 2C30 (old orange hospital building). Take the elevator to the 2<sup>nd</sup> floor of the hospital and follow the yellow signs to MIF.
3. Several blood samples will be taken through an intravenous (IV). This decreases the number of "pokes" your child gets. If your child is afraid of needles, please ask the nurse in MIF for a spray to numb the site.
4. Have your child/youth wear short sleeves. You may wish to bring toys, blankets, or other items that may assist with comfort and distraction.
5. You should plan for 1 to 1½ hours (longer if you think your child has difficulty with pokes), unless your doctor has told you otherwise.

If you are unable to keep the appointment, please call the MIF at 604-875-3680 at any time and leave a message.

Your doctor will review the test results with you once they are available and make a plan moving forward. This may take a couple of days.

