

## Patient information factsheet

### LHRH test

Your doctor has recommended that you have a LHRH test. This factsheet aims to answer some of the initial questions you may have about what's involved. If you have further concerns or would like more information, please speak to your healthcare team.

#### What is an LHRH test?

LHRH stands for luteinising hormone-releasing hormone. Hormones are chemical substances that help control and regulate processes in the body. Luteinising hormone is produced by the pituitary gland and is one of the main hormones that control the reproductive system. This test is used to assess the function of the pituitary gland in patients with low sex hormone levels (oestrogen in women and testosterone in men). It can be useful in women who have no menstrual periods, or in men with low testosterone levels. It is also used in patients with delayed puberty (the term puberty describes the time in life when the body matures sexually and the reproductive organs become functional).

#### The pituitary gland

The pituitary gland is a small, pea-sized gland located below the brain, behind the bridge of the nose. It produces many of the body's hormones, including those that control the production of sex hormones from the ovaries in women or testes in men.

#### Before your test

- You can eat and drink as normal on the morning of the test.
- This test is not suitable for women who are currently using hormonal contraception (for example the oral contraceptive pill, depo injection or contraception implants). If this applies to you, please contact the endocrine nurse specialist by phone or email to discuss this.
- Bring something to read or listen to as there may be periods of waiting between blood tests.
- The test will be carried out by an endocrine nurse specialist who will be able to answer any questions you may have.

#### During the test

A small needle called a cannula will be inserted into a vein in your arm or hand. This allows your nurse to take blood samples directly, without further use of needles.

After you have had a blood sample taken we will give you an injection of gonadotrophin-releasing hormone (GnRH) through the cannula.

Two further blood samples will be taken after 30 minutes, 60 minutes and occasionally an extra blood sample will need to be taken after three hours. The test should take no longer than one and a half hours from your appointment time. However, if you need to have the extra blood sample taken it will take about three and a half hours. You will be advised of this in your appointment letter.

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## Side effects

On rare occasions this test can cause headaches or nausea (feeling sick) and menstrual bleeding in women.

## After the test

When the test has finished your cannula will be removed and you can go home.

## Results

Results will either be sent to you by letter/a phone call or discussed with you at your next clinic appointment. We will also send a letter to your GP. This may take up to three weeks.

## Further information

Please contact the endocrine nurse specialist if you require more information or if there is anything you do not understand.

## Contact the endocrine nurse specialist:

Telephone: **023 8120 4710**, Monday to Friday 8.30am to 4pm (answer phone service out-of-hours or if the nurse specialist is unavailable).

Email: **endocrinenurse@uhs.nhs.uk**

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