



# LHRH Stimulation Test

## Information for parents and carers from Child Health

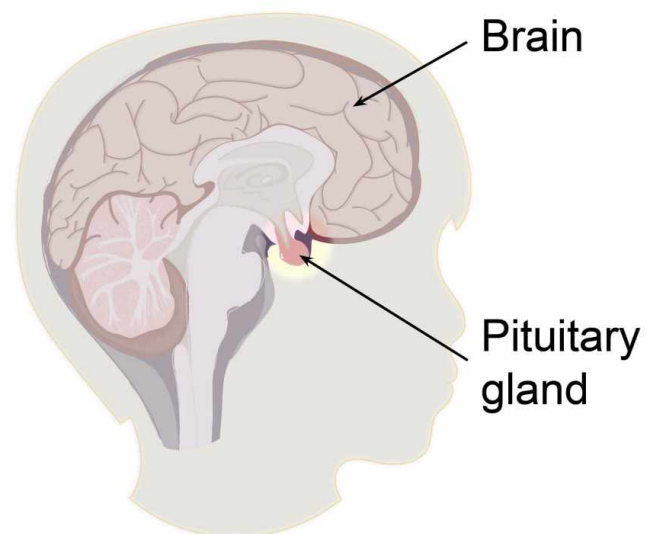
You have been given this leaflet as there have been concerns regarding your child's puberty. If after reading this leaflet you have any further questions, please contact Dolphin Ward on 01227 864052.

### What is a Lutenising Hormone-Releasing Hormone (LHRH) Test?

The LHRH test investigates the puberty hormones produced by the pituitary gland.

The pituitary gland is a small pea sized gland sitting at the base of the brain. The pituitary gland produces several hormones important for growth, puberty, and well-being.

LHRH stimulates the production of hormones that are needed for puberty. Without normal levels of puberty hormones (LH and FSH) children do not progress through puberty.



The pituitary gland

### Why has my child been referred for this test?

Children are referred for this test if they have not started to develop pubertal changes by the expected age, or if they have early pubertal development. Pubertal changes in girls are breast and pubic hair development, and testicular enlargement and pubic hair development in boys.

### What happens if we decide not to have the test?

Without the test we can only monitor your child's pubertal development and growth in clinic. This is not such a detailed assessment, especially if we are thinking about treatment.

### **What happens before my child's test?**

Your child will be given an appointment to come to Dolphin Ward for their test. They will be able to eat and drink as normal before their test.

It is important to talk to your child about their test, explaining everything as simply as possible.

### **What happens on the day of their test?**

- Please report to the reception desk in the Children's Assessment Centre at the Kent and Canterbury Hospital.
- A nurse will greet you and your child, and take you both through to Dolphin Ward for your child's test. Please use this time to ask any last minute questions. Remember that you can withdraw your consent for treatment at any time, should you change your mind and wish to do so.
- You can stay with your child while they have their test.
- Anaesthetic cream will be applied to numb the area, before a nurse inserts a cannula into a vein. A tiny plastic tube remains in the vein and the cannula acts as a "tap", so blood can be taken repeatedly without having to keep inserting needles to collect it.
- After baseline blood tests, an injection of synthetic LHRH is given through the cannula. Following this, blood samples are taken at timed intervals to measure the hormone response.
- The test takes around 2 hours to complete.
- Once the cannula is in place your child is advised to sit on their bed but is able to do activities such as crafts, playing, using electronic devices (such as tablets and smart phones), or watching TV. Bringing things with you to help entertain your child would be helpful.
- Once the test is complete, you can go home.

### **Are there any side effects to having an LHRH test?**

No, there are no side effects to having this test.

### **When will the results be available?**

Results are available about four weeks after the test. They will be discussed at your child's next outpatient appointment or by letter or phone call.

### **Contact details**

If you are unable to come to your appointment or you have any questions or concerns about the test, please contact Dolphin Ward on 01227 864052.

**This leaflet has been produced with and for patients.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)).

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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