



# ARGININE TEST FOR GROWTH HORMONE

Patient information Leaflet

April 2020

## **INTRODUCTION**

The aim of this leaflet is to give you some information about the Arginine test for Growth Hormone.

Your Paediatric Consultant has requested that your child have an Arginine Test for Growth Hormone. The reason for this should have been discussed with you at a previous clinic appointment.

The test will be carried out as a day case procedure in the Children's Outpatients Department.

The test can take up to three hours to complete so please allow time for this.  
**YOUR CHILD MUST BE FASTED FROM MIDNIGHT PRIOR TO THE MORNING OF THE PROCEDURE. YOUR CHILD CAN HAVE SIPS OF WATER ONLY.**

## **THE PROCEDURE**

On arrival to the department a Play Specialist will prepare your child for the procedure. The Play specialist will be present throughout the procedure to provide distraction and play activities.

A Doctor will put a cannula (a plastic tube) into a vein and take a blood sample for growth hormone and blood glucose levels at the same time. A numbing cream is applied to the back of both hands an hour prior to cannulation to ensure the child is comfortable and the procedure is as pain free as possible.

The medication (Arginine) is then administered into the cannula as prescribed as an infusion, this takes 30minutes.

A blood sample will be obtained from the cannula for blood glucose and growth hormone levels at 0mins, 15mins, 30mins, 45mins, 60 mins, 90mins and 120mins. If we are unable to obtain blood from the cannula, the thumb prick method will be used.

The cannula is then removed. This is the end of the test.

Your child will be given something to eat prior to discharge.

The results of the test will be discussed with you at a future clinic appointment.

Sources of good practice

## **REFERENCES**

1. Van Vught A.J.A.H., Nieuwenhuizen A.G., Gerver w.j., Veldhorst M.A.B., Brummer R.J.M & Westerterp-Plantenga M.S. (2009) Pharmacological Growth Hormone Stimulation. Tests to Predict Successful GH Therapy in Children. JPEM 22:679-694
2. Binder G. (2011) Growth Hormone Deficiency: New Approaches to the Diagnosis. Paediatric Endocrinol Rev 9(1): 535-537

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

**語言 翻譯及病者支持服務 (LIPS):**

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中

央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

**Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):**

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem **0161 922 6991**.

لینگویج، انٹرپریٹیشن اینڈ پیٹینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

**Document control information**

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