



مدينة الملك فهد الطبية
King Fahad Medical City



Growth Hormone Stimulation Test

What is growth hormone?

It is a hormone that released by pituitary gland, it helps bones and muscles to grow properly.



What is growth hormone test?

It is a test used to measure the human growth hormone in the blood in children who have short stature.

Preparation for the test:

- Procedure must be explained clearly to parents and consent should be secured prior the test.



- Patient must be admitted in **Day Care Unit** or **Inpatient Ward**, to observe patient during the procedure.
- Patient must be fasting at least 6 hours' prior the procedure.

How the Test is Done?

Growth Hormone Stimulation Test is divided into two parts:



Clonidine Test:

which is a medication helps to stimulate the growth hormone during the test.

- Patient's vital signs will be monitored during the test.

- Blood samples will be collected at 30 – 60 - 90 - 120 - 150 minutes after giving the clonidine.



Patient might feel sleepy & blood pressure will decrease as Side effect of clonidine

Glucagon Test:



Glucagon is hormone released by pancreas, it used to stimulate the growth hormone.

- ✓ Blood glucose will be monitored during the test.
- ✓ Blood sample will be collected at 30 – 60 – 90 – 120 – 180 minutes after giving the Glucagon injection.



Patient's blood sugar will go up and down after giving the glucagon injection and that can cause Nausea, vomiting and sweating

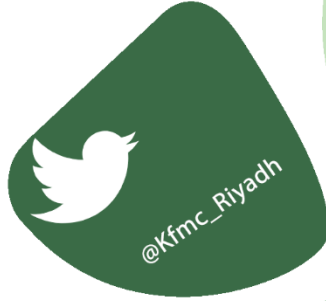
After the test:

- ❖ Patient will be allowed to take his meal.
- ❖ Results will be reviewed with the physician in the clinic as outpatient.
- ❖ Family must be instructed to go to emergency department If any complications happen from the side effect after discharge.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Ambulatory Care Department - Day Care Unit



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