



## LHRH Test

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**This leaflet is for parents and carers and explains what to expect when your child is recommended to have a test to find out how their pituitary gland is working to control puberty.**

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### **Why does my child need this test?**

In the LHRH test, the pituitary gland is stimulated using an injection called LHRH (Luteinizing Hormone Releasing Hormone) to produce hormones (chemical messengers) that control puberty. The pituitary gland is a pea-sized gland to the base of the brain. The puberty hormones are measured in blood samples taken during the test.

### **Does my child need to do any preparation before this test?**

Your child can eat or drink normally before and during the test. Expect to be on the ward for approximately 1-2 hours.

### **What does the test involve?**

You will be asked to attend Kempton Day Bed Unit on Level 3 Centre Block at the Royal Berkshire Hospital at a time arranged between you and your endocrine nurse. Your child will need to have a cannula (a small plastic tube) inserted into a vein in their arm or hand before the test starts. This is to enable blood samples to be taken from the cannula at specific times during the test. You will be offered a local anaesthetic cream or a cold spray to help numb the skin. Local anaesthetic cream takes about 45 minutes to work. Once the cannula is in place, the first blood sample is taken from the cannula and an injection of hormone is given through the cannula. This hormone stimulates the production of puberty hormones and the levels of these are measured by taking two further blood samples from the cannula.

### **What shall I bring?**

Some children find it reassuring if they can bring something familiar from home, such as a comfort toy, book or iPad. We also have an amazing Play Team, who can be involved in your child's care; they will be able to provide a range of suitable toys and activities. Please also bring in any medication that your child is currently taking.

### **Side effects**

Some girls may notice slight vaginal spotting a few days after the test. There are no long lasting effects from the test.

## **After the test**

Once the last blood test taken, the cannula is removed, and your child is allowed to go home.

## **Results**

The doctor will contact you with the test results within a few weeks. You will have the opportunity to discuss recommended treatment if necessary. The endocrine nurse will be in contact to arrange any follow up care.

## **Contacting us**

You can contact the paediatric endocrine nurse on 07900 662 522 Monday-Friday or the Clinical Admin Team on 0118 322 7531 Option 2 or email [rbb-tr.cat7@nhs.net](mailto:rbb-tr.cat7@nhs.net)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Paediatric Unit, January 2025.

Next review due: January 2027.