



## **Patient information**

### **Growth Hormone Day Curve (GHDC)**

#### **Why have I been asked to have this test?**

Your doctor has recommended this test for you to either help to diagnose or monitor your condition. Please read the following information carefully and ask us if the information is not clear to you.

#### **What is the purpose of the test?**

Growth Hormone is important for growth and bone strength when we are children. In adults too much growth hormone  
Your body may be producing too much or too little growth hormone of its own. The test looks at your growth hormone levels over a whole day, to confirm whether this is the case.

#### **Who does the test?**

Trained nurses on the planned investigations unit.

#### **How does the test work?**

When you arrive on the investigations unit and have been admitted the nurse will insert a small, sterile plastic tube (cannula) into a vein in your arm, this is so we can take further blood tests without any more needles, the nurse will take a test when you arrive and then again at mid-day, three o'clock in the afternoon and six o'clock in the evening.

#### **What will I have to do?**

Please arrive at the investigations unit for around 8.30 a.m. you will need to have four blood tests taken through the day. You will be able to eat and drink as normal through the day. You can usually take your regular medicines as normal, the doctor will tell you if this is different.

**Is there any preparation for the test?**

No

**Are any drugs or medicines used?**

No

**Are there any risks or side effects?**

No

**What happens during the test?**

The nurse will take a blood test at 9 a.m. 12 midday, 3 p.m. and 6p.m. after the last blood test the nurse will remove the cannula will and you will be able to go home.

**What happens after the test?**

Your blood samples will be sent to the laboratory for analysis. When the results are available the endocrinologist will review them and you and your GP will be sent a copy of the results and any recommendations. You will be able to discuss the results with your doctor at your next clinic appointment. If there is anything that needs to be discussed sooner the doctor will telephone you.

**Are there any alternatives to the test?**

This is a safe way to monitor your Growth hormone levels.

**Who can I contact for more information?**

Charing Cross and Hammersmith Hospitals: Endocrine Specialist Nurse 020 331 11319  
St Mary's Hospital: Metabolic Day Ward 020 331 21187