

# LHRH Test

**This leaflet explains more about what an LHRH test is and what you can expect when you come to the hospital. If you have any further questions, please speak to a doctor or nurse caring for you.**

## What is an LHRH test?

This test looks at the two hormones, luteinising hormone (LH) and follicle stimulating hormone (FSH) that control puberty. They are produced by the pituitary gland.

In girls, FSH stimulates the production of eggs from the ovaries while LH stimulates the production of oestrogen from the ovaries. Oestrogen promotes breast development.

In boys, FSH stimulates the testes to produce sperm whilst LH stimulates the production of testosterone from the testes.

The hormone LHRH is produced by a part of the brain called the hypothalamus and LHRH stimulates the production of LH and FSH from the pituitary gland.

## What happens during the test?

This test uses an injection of synthetic LHRH to stimulate the pituitary gland to produce LH and FSH. These hormones are then measured in the blood samples that are taken during the test. The LHRH test takes an hour to complete. Your child will need to have a cannula (a small plastic tube) inserted into a vein in his / her arm before the test starts. Local anaesthetic cream may be applied at least 30-45 minutes prior to cannulation in order to numb the skin where the cannula is to be inserted. This is optional, depending on you and your child's preferences.

Once the cannula is in place, LHRH will then be injected and three blood samples can be easily obtained through the cannula during the test. Levels of LH and FSH hormones are measured 20 and 60 minutes after the initial injection. At the end of the test, the cannula will be removed and your child allowed home.

The test is well tolerated by children.

### **Contact us**

Please contact the paediatric endocrine clinical nurse specialist on either 0787 659 7062 or 0778 685 6764 (Monday to Friday 8.30am to 4.30pm) if you have any questions about this.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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### **Additional services**

#### **Patient Advice and Liaison Service (PALS)**

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

#### **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

#### **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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