

LHRH Test

This leaflet explains 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 your child.

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 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

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** 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

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 our services by searching 'St George's Hospital' on the AccessAble website (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.



Reference: DIB_LHRH_LP_02 **Published:** July 2023 **Review date:** July 2025