

## Endocrinology

# Growth hormone profile

Your doctor has recommended that you have a growth hormone profile to check how much growth hormone your body is producing, either to confirm the diagnosis of acromegaly or as a measure of disease activity.

Growth hormone is one of the hormones produced by the pituitary gland. Growth hormone is responsible for controlling growth and metabolism in childhood. It is also produced in adulthood and has a role in maintaining muscle and bone mass, and body fat composition. It can also have effects on energy levels, memory and general feeling of well-being.

Acromegaly is a rare condition where too much growth hormone is produced. Excessive growth hormone production can cause enlargement of the hands, feet and tongue, change in facial features, sweating, headaches, joint pain, tiredness, sleep apnoea and visual impairment.

### Preparation for the test

- You can eat and drink as normal on the day of the test. You do not need to fast prior to the test.
- You can take your regular medications as normal. Please bring all of your medications with you when you attend for your test.
- The test will last for approximately 6 hours. You will be able to drive home afterwards.

### What will happen during the test

- You will be introduced to the doctor or nurse performing the test, who will provide an explanation as to what to expect during the test and obtain your informed consent.
- A cannula, which is a small tube used to take blood samples, will be inserted into a vein in your arm, and blood samples will be taken from the cannula at specific time points to measure your growth hormone level.

### What will happen after the test

- Once the test is completed, the cannula will be removed and you will then be able to go home.
- Your results will be reviewed by the endocrinology doctor.
- You do not have to contact the department for your test result. We will inform you and your GP of your results and any changes to treatment or medication by letter.



- If necessary, you will be called back to clinic to discuss the result, especially if you need to start on any treatment.
- Sometimes it is also necessary for us to contact you by telephone, so please provide us with your home and mobile telephone numbers when you come in for your test.

Please remember that the timing of endocrine tests is important so please attend at the time specified on your appointment letter. If you are unable to keep your appointment please contact the department and we will rearrange it for you.

## Contacts

If you have any queries please contact:

Endocrine nursing team on **0161 446 3479**

Email: [the-christie.endocrinology@nhs.net](mailto:the-christie.endocrinology@nhs.net)

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact [the-christie.patient.information@nhs.net](mailto:the-christie.patient.information@nhs.net)

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for  
urgent support and specialist advice  
**The Christie Hotline: 0161 446 3658**  
Open 24 hours a day, 7 days a week