

## Endocrinology

# Fasting gut hormones

Your doctor has recommended that you have a blood test to check the levels of certain hormones produced by the gut. This can be useful for the diagnosis of endocrine tumours of the gastrointestinal tract.

### Preparation for the test

- You must **not eat or drink anything but water for at least 10 hours** before your blood sample is collected the next morning.
- If you are taking a **proton pump inhibitor** (e.g. omeprazole, lansoprazole, esomeprazole, pantoprazole, rabeprazole, dextansoprazole), you will need to stop these medications for at least 2 weeks prior to the test as they can affect the results. If it is not possible to stop, it can be switched to a H2 antagonist (cimetidine, ranitidine, famotidine, nizatidine), which you will need to stop for at least 72 hours before the test. Please contact the endocrine unit to discuss further if you have any queries.
- Please bring all of your medications with you including the medication that you have omitted when you attend for your test.
- You will be able to drive home after the test.

### 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 blood sample will be taken once to measure your gut hormones.

### What will happen after the test?

- You will be able to take your medication as usual immediately after the test.
- 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 we may need 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.** 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:

Call the endocrine nursing team on **0161 446 3479**  
or 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, Salford or Macclesfield. 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