

Your child's glucagon test to check for a growth hormone deficiency

Childrens Endocrine

Information for Patients

Produced: January 2025

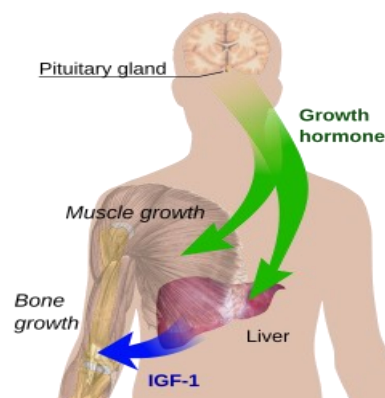
Review: January 2028

Leaflet number: 1579 Version: 1

Introduction

Your child needs a glucagon test. The test is done in the Children's Day Care Unit (CDCU). CDCU is on Level 4, Windsor Building, Leicester Royal Infirmary.

The test checks if the pituitary gland is making the right amount of growth hormone. This hormone helps the body grow and develop. Growth hormone tends to be made at night. We need to do a special test to measure it.



What happens before the test?

Your child cannot eat or drink anything except water after midnight before the day of the test. If they do the test will need to be cancelled. It will have to be done another day.

Please tell us if your child has any allergies or is taking any other medicine.

- If your child is taking steroid medications orally (such as hydrocortisone, prednisolone, plenadren or dexamethasone), you will need to stop these medications for at least 24 hours before the test. If your child cannot stop the medicine please call the Endocrine nurses.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

- If your child is taking medicines which contain oestrogen, for example, contraceptive pill or HRT, they will need to stop these medications for at least 6 weeks before the test. They can affect the results. If they are taking the oestrogen pill for contraception, it is essential that they think about using other forms of contraception. If they are using an oestrogen patch, they can carry on using this. It will not affect the results of the test. Please contact the Endocrine nurses to discuss further if you have any queries.
- Some children may need to take tablets for 3 days before the test to prepare them. Not all children need to have tablets. Your doctor or nurse will let you know if your child needs to have tablets.

It is also important your child is well on the day of the test. Please ring the CDCU on **0116 258 6317** if your child is unwell as we may not do with the test.

What happens during the test?

We will insert a small plastic tube (cannula) into a vein in the arm or hand. This lets us take blood samples more easily. It will stay in place for the whole test.

Putting a cannula in can be tricky. We will use a numbing cream or spray to make it less uncomfortable. A play specialist will help distract your child.

We will take a blood sample. The nurse will give your child an injection of glucagon into their thigh. This helps the body produce growth hormone for us to measure.

We will take blood samples regularly for 3 hours. There is a small risk that your child's blood sugar could drop too low (hypoglycaemia). We will keep an eye on this. The nurse will give your child a sugary drink and food if they need it. Your child will need to stay on the ward so we can watch on them closely.

The nurse will continue to take the blood samples. Sometimes children need fluids or other medicine if the blood sugar does not come up quickly.

Your child can drink water throughout the test. The play specialist may be able to offer activities for your child to do during the test. They may want to bring in a device to play on.

After the test

Once the nurse has taken the last blood sample your child can eat and drink. There are snacks available on the ward. But you may also wish to bring your own food if your child would prefer.

When the blood sugar is back to normal the nurse will remove the cannula. You can go home.

Your child will be in hospital for 4 to 5 hours but sometimes it can be a bit longer.

Please restart your child's normal medication after the test.

Make sure your child eats and drinks regularly for the rest of the day. They will need to have snacks between meals. They should eat a high carbohydrate meal at tea time, for example, pasta, rice, bread, potatoes or pizza.

Possible side effects

There is a very small risk that your child's blood sugar could drop once you go home.

Signs of low blood sugar (hypoglycaemia) are:

- Feeling faint
- Paleness
- Sweating
- Being sick (vomiting) or feeling sick (nausea)
- Blurred vision
- Irritability
- Tiredness

If you are worried you can call the ward on **0116 258 6317** until 6pm, or your out-of-hours GP service after this time.

How long will it take to get the results?

It takes 2 to 4 weeks for the results to be ready. The consultant will write to you or talk to you at the next clinic appointment.

If the levels are low your child may need another test. Your nurse or doctor will explain if this happens.

If you have any questions, please ring the hospital switchboard and ask for your child's consultant, or call the Specialist Nurse (numbers overleaf).

Contact details:

Hospital Switchboard **0300 303 1573**

Consultants' Secretary **0116 258 7737**

Endocrine Specialist Nurse **0116 258 5326**

Children's day care ward **0116 258 6317**



If you have any questions write them down here to remind you what to ask when you speak to your consultant or nurse.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk

