

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

Childrens Endocrine

Information for Patients

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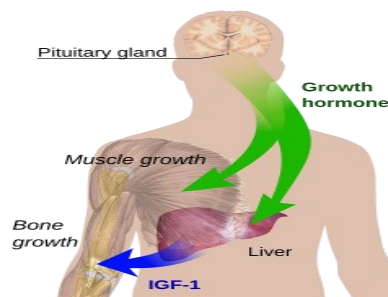
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## Introduction

Your child needs a clonidine 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 stopped. It will have to be done another day.

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

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 the test.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## 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 tablets to take. These can be crushed and mixed in water. The tablets help the body produce growth hormone for us to measure in their blood. We will take blood samples regularly for 3 hours.

Clonidine makes you feel very sleepy. It can lower the blood pressure. Your child will stay in bed on the ward so we check on them closely.

If their blood pressure gets too low, we may need to give your child fluids or other medicine to help. Your child can drink water during the test.

## After the test

Once the nurse has taken the final 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 blood pressure is back to normal the nurse will remove the cannula. You can go home.

You 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.

Let your child rest for the day (no sports or other active play). Make sure they eat and drink regularly. They will need to have snacks between meals.

## Are there any side effects?

Clonidine can lower blood pressure so your child may feel sleepy during the test. This is normal. It wears off after the test but it can last for the rest of the day.

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 will 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:**

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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](mailto:equality@uhl-tr.nhs.uk)**



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