

What is an LHRH test?

LHRH stands for Luteinising Hormone Releasing Hormone. LHRH stimulates the production of the hormones that start puberty. Your child is having this test to check that these hormones are normal for their age and stage of puberty. It is usually done when a child has early or late puberty.

Why do you need to do an LHRH test?

Hormones are natural chemicals which are produced by the body, and they help to get all the different organs and glands in the body working properly. Some of these hormones are needed to make children grow normally, and to develop properly through puberty.

This test assesses your child's ability to produce and respond to the hormones which control pubertal and sexual development. The benefit of this test is that it will tell us if your child's puberty hormone levels are normal for their age and development. It may help us to understand what is causing signs of early puberty or delayed puberty.

This will help your child's consultant to plan their treatment **for** early or delayed puberty.

Preparation for the test

If your child is having the LHRH test only, he/she may eat and drink normally before and throughout the test.

Please follow the instructions on the admission letter for time of arrival at the hospital. Children undergoing the test should be free to go home after lunch.

How do we do the LHRH test?

A small needle/plastic tube (a cannula) is inserted into a vein into the child or young person's hand or arm and left in place for the duration of the test. Often a local anaesthetic cream is put on the hand/arm an hour before cannula is inserted to make it less painful.

Once the cannula is in place we take a small blood sample from it and then use it to give an injection of hormone into the vein. We then take 2 further blood samples during the next hour.

Are there any side effects of the LHRH test?

Occasionally children may suddenly feel the urge to pass urine and may feel sick but this passes quickly. Some girls may notice some vaginal spotting a few days after the test.

After the test is completed

Your child will be offered refreshments, the cannula removed the cannula and your child will be able to go home. There are no long lasting effects from the test.

The results will be available at your next clinic appointment or as arranged by the doctor.

Glossary

LHRH: Stands for Luteinising Hormone Releasing Hormone.

Hormones: Hormones are chemicals which carry messages to different parts of the body through the bloodstream. LHRH stimulates the pituitary gland (a tiny pea-sized organ underneath the brain) to release a puberty hormone called Luteinising Hormone. Puberty hormones stimulate the ovaries (in girls) and testes (in boys) to release the sex hormones oestrogen and testosterone. These sex hormones are responsible for 'switching on' puberty.

**For more information
contact:**

**Short Stay Paediatric
Assessment Unit**

**Telephone: 01803
655492**

**Monday to Friday
8.30am to 9.00pm**



**PATIENT
INFORMATION**

Patient Information Service
SHORT STAY PAEDIATRIC
ASSESSMENT UNIT

**Information for
parents/carers**

LHRH Test

