



Information for patients  
and carers

# Arginine stimulation test

## What is an arginine stimulation test?

This is a diagnostic test to assess if your pituitary gland is producing sufficient amounts of growth hormone.

## Why do we need growth hormone in adulthood?

Growth hormone controls the amount of fat, muscle and water present in the body. Bone structure and heart function are also thought to be controlled by growth hormone, as well as our general well-being.

## Preparation for the test

The test is performed in the morning. You must have nothing to eat and only water to drink from midnight prior to your test the following day. You should take your regular medication with water on the morning of the test.

## What the test involves

The nurse will insert a cannula (narrow tube) into your vein so that blood samples can be taken and the L-Arginine can be given through this.

The first blood test is taken approximately 30 minutes after the insertion of the cannula. L-Arginine will then be given intravenously for approximately 30 minutes. Once the L-Arginine has been given, additional blood samples will be taken. These samples will be obtained every 30 minutes for 2 hours.

## Are there any side effects?

As with all medication there is a possibility of some side effects. You may experience tingling in your mouth, lips or throat and very occasionally nausea (feeling sick). These symptoms, if experienced, usually cease within 30 minutes of giving the L-Arginine infusion. Your symptoms will be monitored by the nurse.

## At the end of the test

The nurse will remove the cannula. You will then be offered something to eat and drink before being discharged home.

## When will I find out the results?

Results of the test are generally explained during your next clinic appointment. Occasionally, an appointment has not been arranged as it may not be necessary for you to see the consultant again if the results of the test are normal. In this instance you will receive notification of your results through the post. You may contact the endocrine specialist nurse if you have any further queries.

## Contact details

You may contact the endocrine specialist nurse if you have any further queries on: 01772 523533.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.patient.co.uk/doctor/pituitary-function-test.htm](http://www.patient.co.uk/doctor/pituitary-function-test.htm)

[www.pituitary.org.uk](http://www.pituitary.org.uk)

[www.labtestsonline.org.uk](http://www.labtestsonline.org.uk)

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Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

### **Lancashire Teaching Hospitals is a smoke-free site**

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

#### **Cantonese:**

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

#### **Gujarati:**

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

#### **Hungarian:**

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

#### **Polish:**

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

#### **Punjabi:**

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

#### **Urdu:**

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

**Department:** Endocrinology

**Division:** Medicine

**Production date:** June 2019

**Review date:** June 2022

JR223 V1

