

Luteinising Hormone Releasing Hormone (LHRH) test for children

Information for parents and carers

This leaflet answers some of the questions you may have about the LHRH Test. If you have any further questions or concerns, please do not hesitate to speak to the doctors, nurses or the clinical nurse specialist caring for your child.

Confirming your child's identity

Before your child has a treatment or procedure, our staff will ask you to confirm their name and date of birth and check their ID band, we will also ask you to confirm your address. If we don't ask these questions, then please ask us to check. Ensuring your safety is our primary concern.

Why is my child having an LHRH test?

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.

How will my child benefit from this test?

- It may help confirm early puberty.
- It may help us to understand what is causing signs of early puberty or delayed puberty.
- It will help the doctors and you make the right decision about treatment for early or delayed puberty.

What are the risks?

This test does not usually cause any side effects. Occasionally it may make your child feel sick but this does not last long. For girls, it may trigger short-lasting vaginal bleeding although this is rare.

Are there any alternatives?

There are no alternatives.

Consent

We must by law obtain your written consent to any operation and some other procedures beforehand. Staff will explain the risks, benefits and alternatives before they ask you to sign the consent form. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to speak with a senior member of staff again.

Do I need to prepare my child for the test?

There is no special preparation needed for the test.

What happens before my child's test?

Your child will attend Philip Isaac's Ward, the Children's Day Case ward with play facilities. They will be seen by a nurse who will check a few details and then measure your child's pulse rate, blood pressure, respiratory (breathing) rate and temperature. We will also measure their height and weight.

A nurse or doctor will put a cannula (thin plastic tube) into one of your child's veins (usually on the back of the hand or inside of their elbow). They will use a cold spray or a local anaesthetic cream to numb the area.

What happens during my child's test?

The test starts when the nurse takes the first small sample of blood from the cannula and injects LHRH through the cannula into your child's vein.

The nurse then takes small samples of blood from the cannula at 20 minutes and then at 60 minutes to check the levels of your child's puberty hormones (Luteinising hormone (LH) and Follicle Stimulating Hormone (FSH)). They may also take other blood samples for other investigations, if needed.

During this time your child will need to stay on the ward for monitoring.

How long does the LHRH test take?

The test takes one hour but you should prepare to be in hospital for at least two hours.

What happens after the test?

The nurse will take out the cannula and put a plaster over the area. You can then take your child home.

When will I get the test results?

The results are usually available after a couple of weeks. All results are reviewed by the endocrine team (on a weekly basis). We usually provide your child's test results at their next outpatient appointment at the hospital. However, if they need to start treatment before this appointment, we will contact you and their GP soon after the results have been reviewed at our weekly meeting.

Does my child need any follow-up appointments?

You will be sent an outpatient clinic appointment to discuss any treatment or monitoring that we may need to do.

Who can I contact with queries and concerns?

For any queries after your child's test, please contact:

Paediatric Endocrine Clinical Nurse Specialists (Krystal and Sarah)

Tel: 020 3299 1922

Monday to Friday, 9am to 5pm

Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Care provided by students

King's is a teaching hospital where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleden Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS:

Tel: 020 3299 3601

Email: kch-tr.palsdh@nhs.net

You can also contact us by using our online form at www.kch.nhs.uk/contact/pals

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.