

# Information for patients and carers

## Arginine Stimulation Test

Endocrinology

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue color, transitioning from a lighter blue at the top to a darker blue at the bottom.

## 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.

## Contact details

Should you require further advice or information please contact  
Endocrine Specialist Nurse: **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.accessable.co.uk](http://www.accessable.co.uk)

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

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

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

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[patientexperienceandinvolem@LTHTR.nhs.uk](mailto:patientexperienceandinvolem@LTHTR.nhs.uk)

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