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# Glucagon Growth Hormone Stimulation Test

## Appointment Information

Patient Name _____ Birthdate: _____

Date of Test: _____ Time: _____

The purpose of this study is to establish the pituitary's Growth Hormone releasing response to a stimulating agent. This study will use Glucagon as the stimulation agent. Set aside 6 hours for this test. We recommend someone drop you off and pick you up.

## Your Instructions

- Make sure you eat something by midnight, the night before the test. Fast from midnight on with nothing to eat or drink with the exception of water.
- Refrain from strenuous physical activity or exercise before the test.
- Refrain from smoking on the day of the test.
- Ask your physician if it's ok to take your usual medications.
- Bring a meal and drink to consume after the test.
- Blood samples will be drawn at the start of the test and every 30 minutes there after.
- Take orally, 40 mg Propranolol 2 hours prior your appt. Arrive 1 hour prior to your appt time.
- Because this test takes at least 6 hours in total, we encourage you to bring along reading material or some other form of personal entertainment with ear-phones.
- Children should not be present during this test. Childcare should be arranged prior to your appt.
- This is generally a well tolerated test. Some common side-effects may include mild nausea, and vomitting. Should you notice any other side-effect, inform your health care provider.

## Your Notes