

# Glucagon Stimulation test for Cortisol and Growth Hormone Deficiency

## What is a glucagon stimulation test for cortisol and growth hormone deficiency?

The purpose of this test is to see if your body is making enough of two important hormones: cortisol and growth hormone.

## How the test is performed

An appointment will be scheduled for you to have the test performed. You will be provided with the location and arrival time. Please plan for at least 3.5 hours of testing.

An intravenous (IV) cannula (catheter) will be inserted into a vein in one of your arms and will remain there for the duration of the test. All of your blood samples will be drawn through this catheter, so you will not require any further needle pokes. The nurse will also give you an injection of glucagon (a synthetic hormone) into your muscle.

Once this test is completed, the IV line will be removed and you will be able to go home.

## How to prepare for the test

- Your doctor will advise you to stop all glucocorticoids (medications like prednisone that lower inflammation and affect how your body uses sugar), including inhaled medications, for 48 hours before the test.
- You will need to fast (no food or drinks other than water) after 10:00 pm the night before your test.
- Please drink water on the morning of the test.
- Do not stop any medication(s) unless indicated by a health care provider.
- Bring your daily dose of medications to the appointment in case the appointment takes longer than expected.
- You can bring a snack to eat after the test.

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**Possible risks or side effects**

As with any blood test or IV insertion, you may have some bruising or redness at the site where the catheter was inserted. There is also a very small risk of infection.

Common side effects of glucagon include temporary changes in blood pressure, increase in heart rate, nausea, vomiting and high blood sugar (hyperglycemia).

**What should I do if I need to cancel?**

If you need to cancel your appointment, please call 519-646-6000 ext. 64424 and state your name and test date.

It is important to know that there may be a delay in rescheduling your appointment as the availability of test times is limited. If you need to cancel, please call as soon as possible.