# Stimulation Testing

## Facts About Stimulation Testing

- Stimulation testing measures the response of certain glands within the endocrine system to different types of hormones.
- There are several different types of stimulation testing that can be ordered to help the doctor diagnose your child's medical condition.
- All stimulation testing can take several hours to complete. You should plan on your child's stimulation test taking from 1 to 3 hours, including registration, the test, and a snack afterward.
- Most stimulation tests are "fasting," meaning that your child should not eat or drink before the test. You will be given specific instructions by your child's nurse about eating and drinking before the test.
- Your child will need to have an intravenous (IV) line placed to start the testing.
- Blood samples will be removed from the IV line at different times throughout the test.

## What Is Stimulation Testing?

Stimulation testing may be ordered to measure the way your child's endocrine system responds to different types of hormones. Different types of stimulation tests can be ordered to diagnose or rule out different medical conditions. Some of the stimulation tests that might be ordered include:

- Growth Hormone Stimulation — used to find out if your child's pituitary gland is producing enough growth hormone
- Lupron Stimulation — used to diagnose precocious (too early) or delayed (too late) puberty in boys and girls
- Glucose Tolerance — used to rule out diabetes, hypoglycemia and insulin resistance
- ACTH Stimulation — used to find out if your child's adrenal glands are producing enough cortisol and to rule out congenital adrenal hyperplasia

## Home Preparation

Your child should fast before stimulation testing, which means that he or she should not have anything to eat after midnight the night before the test. Your child may have up to 8 ounces of water on the morning of the test, as long as it is before 7 a.m. Your child may bring a DVD to watch, a book to read, or an iPod/MP3 (with earphones) to listen to during the test.