

## Procedures/Diagnostic Tests

### *Thyroid releasing hormone (TRH) stimulation test*

You are scheduled to have a thyroid releasing hormone (TRH) stimulation test. During the test, a synthetic form of this naturally occurring hormone will be given to you. Blood samples will then be collected to measure how your pituitary and thyroid glands are working.

#### **Preparation**

There is usually no preparation for this test. You will be told if you are not to eat or drink or stop taking any medications before the test.

#### **Procedure**

Before the test, a heparin lock will be inserted into a vein in your arm or hand. The heparin lock will allow blood samples to be taken without repeated needle sticks. TRH will also be administered through the heparin lock.

After the hormone is given, it will travel through the bloodstream and cause the pituitary to release thyroid stimulating hormone (TSH). TSH causes the thyroid gland to secrete thyroid hormones. At intervals during the test, blood samples will be taken to measure these hormones.

After TRH is given, you may feel some of these sensations:

- a strong urge to urinate
- nausea
- a hot, flushed feeling
- a metallic taste in your mouth
- fast heartbeat.

These feelings should disappear within 5 minutes after TRH is given. The test will last from 1 to 3 hours.

#### **After the procedure**

After the last blood sample is taken and if no other blood tests are needed, the heparin lock may be removed. You may then eat and resume your usual activities.

If you have questions about the test, please ask. Your nurse and doctor are ready to assist you at all times.

#### **Special instructions**

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