

Stimulation Testing



About the test

The doctor has determined your child should receive stimulation testing. This test is most often done when a child is not growing at the expected rate for his age. Talk with the doctor if you would like to learn more about why this test was ordered for your child.

Stimulation testing is done at an outpatient clinic. One adult should come with the child. Plan to be there for 3 to 4 hours. Your child may watch a DVD during testing. We have some movies, but you may want to bring your own.

After checking in

- Your child will have an I.V. placed with a small needle. The needle is removed while a thin, plastic tube remains in the vein.
- Have your child drink 6 to 8 glasses of water for 2 to 3 days before the test. This will help make it easier to find a good vein for an I.V.
- Please note, your child will not be able to eat or drink during the test.
- We will use your child's I.V. to draw blood samples from the tubing at certain times throughout the test. These blood samples will measure the growth hormone and cortisol levels in response to medicines we give. The total amount of blood drawn is about 4 tablespoons.
- Halfway through the test, we will give your child insulin through the I.V. to make the blood sugar low. This stimulates the pituitary gland to release growth hormone.
- Your child may have nausea (upset stomach) during the test. This is common and we have medicine that may help.

If your child is ill or taking antibiotics, call our office as soon as possible to reschedule the test.

If you have not scheduled an appointment for the results, call right away to schedule a 30 minute test results appointment for about two weeks after testing.

Call Children's Physician Group—Endocrinology at Scottish Rite **404-785-KIDS (5437)** if you have any questions.