

Fasting gut hormone profile blood test

What is a Fasting Gut hormone profile test?

This is a simple blood test to check the hormones produced from your gut when you have not eaten or drunk anything. A blood sample will be taken once and will be transported to the laboratory on ice.

Why would I need this test?

This will help your doctor exclude a neuroendocrine tumour or as a screening tool for patients with/or have possible multiple endocrine neoplasia (MEN) type 1 – a group of disorders affecting the endocrine system causing abnormal neoplastic growths in the pituitary, parathyroid gland and pancreas.

What are the symptoms that have led to me having this procedure?

You may have had history of ulcers in the stomach or intestines. This may have been requested by your endocrinologist as part of screening for MEN.

What are the alternatives?

There are no recommended alternatives to this test.

What are the potential risks and side effects?

Stopping the anti-ulcer medications may cause exacerbation of hyperacidity in your gut which may result to ulcers. If you need to stop your anti-acid/ulcer medications, please speak to your endocrine team for advice.

Associated risks with blood test may include:

- multiple punctures to locate veins
- bleeding from puncture site
- bruising
- haematoma (blood build up under the skin)
- fainting or feeling lightheaded
- infection (a slight risk any time the skin is broken)
- phlebitis (inflammation of the vein)

Keeping pressure on the puncture site for a few minutes after the needle is removed will help to reduce bruising

What are the expected benefits of having the test?

This test will help your doctor rule out endocrine tumours of the intestinal tract (the organ system responsible for transporting and digesting food, absorbing nutrients, and even expelling waste).

Preparation for your test

- You need to fast overnight for at least 10 hours (no food and water/any liquids) prior to the blood sampling the next morning.
- H2 Blocker Medications (example: ranitidine) should be stopped for 72 hours
- Proton pump inhibitors (example: Omeprazole, Lansoprazole, Esomeprazole, Pantoprazole) should be stopped for 2 weeks before the test. If this is not possible, please contact the endocrine team on the number below for further guidance.
- Please bring the medication you have omitted with you.

What happens during the test?

On arrival, you will be escorted to the investigation room and asked to sit comfortably in a chair and introduced to the person doing the test.

A blood sample will be taken once to check your gut hormones and transported to the laboratory on ice.

After the sampling, you can eat and drink as normal and you will be advised to continue your normal regime of medications (if there were adjustments made).

Will I have an anaesthetic?

No

How will I feel afterwards?

This test should not affect your normal activities of daily living.

How long will I be in hospital?

You should expect your stay in the hospital for not more than an hour.

What should I do when I go home?

In most cases, patients resume their normal activities.

How soon will I be able to resume normal activities?

In most cases, this test should not affect your normal activities

Will I have to come back to hospital?

Depends on the test results, further tests may be needed.

When can I return to work?

There are no work restrictions involved for this test as in most cases, patients resume their normal activities after the test

Consent

Although you consent for this test, you may at any time withdraw such consent. Please discuss this with your endocrine team.

Sources of information

For queries concerning this leaflet or your procedure please contact:

Endocrine Team at ESHT

Telephone: 0300 131 5910 - EDGH and CQ

Opening Hours: 8am – 4pm (Monday – Friday except Bank Holidays)

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team - Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Consultant Endocrinologists (ESHT):

Dr David Till, Dr Umesh Dashora, Dr P. Sathis Kumar, Dr Ashref Bdiri, Dr. Koshy Jacob, Dr Shakeel Ahmad, Dr Sadekh Elrokh

Biochemistry Consultants (ESHT):

Dr Yvette Lolin, Dr Hagosa Abraha, Dr Abd Al Hasan, Dr Indra Ramasamy

Endocrine Specialist Nursing Team (ESHT):

Mrs Maria Ravelo (Senior Endocrine Specialist Nurse)

Miss Angel Johnson (Endocrine Specialist Nurse)

Mrs Debby Gordon (Endocrine Assistant Practitioner)

The Endocrinology Department has agreed this patient information leaflet.

Next review date: February 2025

Responsible clinician/authors: Mrs Maria Ravelo (Senior ESN)

Mr Aldons Chua (TWS ESN)

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