

## INFORMATION FOR PATIENTS

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# Having a gut hormone profile test

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### Why am I having this test?

Gut hormone levels are usually done to investigate patients with symptoms suggestive of a neuroendocrine tumour.

### What tests are included?

The profile includes the following gut hormones:

- Gastrin
- Glucagon
- Pancreatic polypeptide
- Vasoactive intestinal polypeptide
- Somatostatin
- Chromogranin A and B.

### What does the test involve?

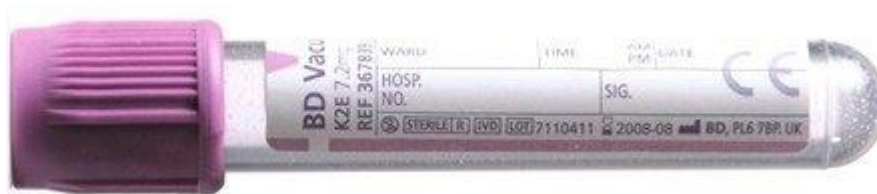
When you arrive, the practitioner will take a blood sample from you in the normal way. **You must get the sample taken at the hospital** as the sample has to be sent to the laboratory immediately for processing. Once the blood sample has been taken you can go home, and you are free to eat and drink.

### How do I need to prepare for the test?

1. You will need fast for 10 hours prior to sampling. This means consuming no food, water, or liquids. For this reason, most people prefer to get the test done first thing in the morning before eating breakfast.
2. Some medications must be stopped before the test. If you are unable to stop these medicines, please discuss this with the doctor requesting the test:
  - Proton Pump Inhibitors such as Omeprazole (Losec), Lansoprazole, Pantoprazole and esomeprazole should be stopped for two weeks before the test.
  - H2 Antagonists: Ranitidine, Cimetidine, Famotidine and Nizatidine should be stopped for 72 hours.
3. Please bring this letter with you and show the practitioner taking your sample as there are specific requirements for the test and it is important that they are followed.

## Sample requirements

For adults **2 x 4mL** pre-chilled **EDTA tubes**. These must not be stored and must be sent to the laboratory on **ICE** as the sample must be separated and frozen within 15 minutes.



## Turnaround times

Samples are sent to a referral laboratory for analysis, with results expected back within four weeks.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

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