

## LAB2428 Growth Hormone Suppression Test

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BMC

### Specimen Type

Serum or Plasma (Glucose Only)

Gold or Red top tube

### Alternate Container

Green top tube (glucose only)

### Minimum Volume

0.5 mL Serum or Plasma for Glucose

0.5 mL Serum for Growth Hormone Suppression Test

### Storage Requirements

Sample tubes should be centrifuged within 2 hour of collection followed by transfer of the serum (red or gold top) or plasma (green top) to a labeled plastic, aliquot tube.

See Causes of Rejection for temperature requirements.

### Transportation Needs

Deliver specimen to laboratory within 1 hour of collection if unspun.

If not possible see "storage Requirements".

### Causes for Rejection

Mislabeled or unlabeled specimen

Less than 50% draw for vacutainer tubes

Serum stored on clot more than 4 hours

> 3 days refrigerated

> 8 hours room temperature

> 5 days frozen

Hemolysis > 500 mg/dL HgB

Lipemia > 700 mg/dL Trig

Bilirubin > 40 mg/dL Bili

Patient not fasting prior to start of GTGH

Stressed patient (surgery, infection, corticosteroids)

Specimen not labeled with hourly times

Blood stored on clot for more than 4 hours

### Reference Values

<b>Diagnosis of Diabetes and Pre-diabetes (2GTT) (75 gram dose)</b>			
Two or more glucose concentrations must exceed the reference range			
Specimen	Normal Reference Range (mg/dL)	Pre-Diabetes	Diabetes
Fasting	70-100	110 - 125	126
2 hour	95 - 130	140 - 199	200

<b>Diagnosis criteria for 3 Hr GTT (3GTTL) (100 gram dose)</b>	
Two or more glucose concentrations must exceed the reference range	
Specimen	Normal Reference Range (mg/dL)
Fasting	70-100
1 hour	105 - 160
2 hour	95 - 130
3 hour	70 - 110

**Glucose Tolerance Tests for OB patients**  
**(2011 ACOG Clinical Practice Recommendations)**

<b>Diagnosis of Gestational Diabetes (OBGTT) (75 gram dose)</b>			
Two or more glucose concentrations must exceed the reference range			
Specimen	Normal Reference Range (mg/dL)	High Critical Value	Low Critical Value
Fasting	70-95	450	< 40
1 hour	96 -179	450	< 40
2 hour	100-152	450	< 40

<b>Growth Hormone, Adult Reference Range</b>	
Males	0.01 - 0.97 ng/mL
Females	0.01 - 3.61 ng/mL
Reference intervals have not been formally verified in-house for pediatric and adolescent patients. The published literature indicates that reference intervals for adult, pediatric, and adolescent patients are comparable.	

<b>Fasting Glucose Reference Ranges</b>				
(2012 ADA Clinical Practice Recommendations)				
Age	Interpretation	Value	High Critical Value	Low Critical Value
1 week	Normal Fasting	70-100		<45
≤1 week	Normal Fasting	45-99	>450	<45

**Available STAT**

No

**Methodology**

See individual tests GLUC and GH

**CPT Code**

See GLUC and GH