

**GROWTH HORMONE (GH)
STIMULATION TEST, SERUM
(CLIA)**

GH Basal	ng/mL	
GH Post Stimulation		
Stimulating Agent		
30 minutes	ng/mL	-
60 minutes	ng/mL	-
90 minutes	ng/mL	-
GH Post Exercise	ng/mL	

Reference Group	Reference Range in ng/mL
0-7 years	1.0-13.6
8-11 years	1.0-16.4
12-15 years	1.0-14.4
16-19 years	1.0-13.4
20-60 years	
Males	0.0-4.0
Females	0.0-18.0
>60 years	
Males	1.0-9.0
Females	1.0-16.0

Note: 1. Recommended stimulating agents are vigorous physical **Exercise** like running or calisthenics performed for 20 minutes OR **Clonidine (Arkamine)** 300 ug maximum or 5 ug/Kg body weight orally OR **Insulin** 0.10-0.15 U/Kg body weight IV

2.To diagnose Growth hormone (GH) deficiency as a cause of growth retardation, at least 2 different provocative stimulants should be used on different days for confirmation

Interpretation

- If post stimulation GH level is > 7 ng/mL (If stimulating agent is Clonidine OR Exercise) / > 10 ng/mL (If stimulating agent is Insulin) , deficiency is unlikely
- An intermediate response (GH 3-6 ng/mL) should be considered suspect and further testing performed if clinically indicated
- Subnormal response is not diagnostic for GH deficiency and should be confirmed with another provocative test

Clinical Use

To demonstrate GH deficiency in cases of growth retardation, short stature and dwarfism

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