

Insulin-Like Growth Factor-1 Test (IGF-1 Test)

An insulin-like growth factor-1 (IGF-1) test is frequently ordered in conjunction with a GH serum test. If you have an excess or a deficit of GH, you will have higher or lower-than-normal IGF-1 levels.

The fundamental benefit of studying IGF is that, unlike GH, its levels stay steady. Both tests need only one blood sample.

The GH serum and IGF-1 tests do not normally give enough information for your doctor to make a diagnosis. These tests are often performed for screening purposes, allowing your doctor to determine whether more testing is required. If your doctor feels that your body is producing too much or too little GH, he or she would most likely prescribe a GH suppression or a GH stimulation test.

GH Suppression Test

A GH suppression test allows your doctor to determine whether your body generates too much GH.

A healthcare expert will draw a blood sample using a needle or an IV for this test. Then you'll be given a standard solution containing glucose, a form of sugar. This will have a somewhat sweet taste and may come in a variety of flavors.

Several more blood samples will be drawn at scheduled intervals over the next two hours after you consume the solution, by a healthcare expert. These samples will be analyzed at a lab.

Glucose reduces GH production in the majority of persons. At each testing interval, the lab will compare your hormone levels to the predicted levels.

GH Stimulation Test

A GH stimulation test assists your doctor in determining whether you have an excess or shortage of GH production.

A healthcare provider would often use an IV to collect an initial blood sample for this test. They will next provide medicine that causes your body to release GH. The healthcare expert will keep an eye on you and collect many additional blood samples at regular intervals throughout the next two hours.

The samples will be sent to a lab and compared to the predicted GH levels at each time point following stimulant administration.

Cost of GH Tests

The cost of GH testing varies depending on your insurance coverage, the facility where the tests are performed, and the lab that does the analysis.

The GH serum and IGF-1 tests are the most basic, requiring simply a blood sample. When ordered directly from a lab, each of these tests typically costs around \$70. Your real expenses may differ based on how much your healthcare team charges for services like taking your blood and delivering it to the lab.