

**Growth Hormone at Home**

Here are some things to keep in mind while your child is on growth hormone therapy (GH)

**Follow up:**

* Your child will have appointments every six months to monitor growth.
* Bloodwork is checked once per year to ensure your child is on the appropriate dose, this test is called IGF-1.
* A bone age (hand x-ray) may be done to assess growth potential.

**Prescriptions are written for a three-month supply with one repeat for a total of 6 months.**

**Cleaning the injection site:**

* Use soap and water to clean the skin or give the injection right after a bath or shower when the skin is clean.
* Do **NOT** use alcohol as this causes dry skin and painful injections with daily use.

**Side effects**: **Please call Endocrinology immediately if your child has:**

* A severe headache that does not resolve with acetaminophen (Tylenol) or ibuprofen (Motrin, Advil).
* A severe headache and /or vomiting upon waking in the morning.
* Difficulty walking, weight bearing or complaining of severe hip pain without a cause such as an injury.
* An injection site that has become red, swollen, or painful to touch.

**Travel:**

* Growth hormone must be kept in your carry-on luggage when travelling by air to ensure it does not

freeze or is lost.

* We can provide a travel letter for you to show airport security. Please give us at least a weeks’ notice

to prepare and send it.

Insurance renewals: (If your child has an Ontario Health Card and has Growth Hormone deficiency this section does not apply)

* Most Insurance companies require **yearly renewal** of your financial coverage of the GH.
* It is your responsibility to send us the appropriate forms to complete two months before the expiry date. Please ensure the 'personal information' portion of the form is completed and includes a signature. Our clinic will complete the medical portion and submit the forms to the insurance company.
* If you use OHIP+ (with the Exceptional Access Program/EAP) this requires annual renewal by the clinic. Please request a copy of the EAP approval and note the expiry date. Contact the clinic two months in advance to inform the Endocrine nurse that the EAP is expiring and requires renewal.
* You will be enrolled in the patient support program for your product. Please contact them if you have any questions about the device and if you need supplies.
* If your insurance has expired and your medication is not covered- **Please contact the patient support program and your Endocrine Nurse before purchasing medication.** The insurance company may not reimburse your costs when your insurance has expired. The support companies often provide assistance with the cost of the medication. You will also need to contact your insurance company to request forms to start the renewal process.

If you any questions, please reach out via my chart or you may call your Endocrine Nurse at

* 613-737-7600 Ext 2992 Brenda Fraser/ Sara Chang
* 613-737-7600 Ext 1390 Natisa Letwin/Sara Chang