PATIENT & CAREGIVER EDUCATION

Recombinant Human TSH Stimulation Test

This information explains your recombinant human thyroid stimulating hormone (TSH) stimulation test.

Thyroglobulin is a protein in your blood that is made only by your thyroid cells. We measure your thyroglobulin level to help us monitor your cancer after treatment. If your thyroglobulin level goes up, it could mean that you need more tests and follow-up care to be sure your cancer hasn’t returned.

You will get an injection (shot) of recombinant human TSH to stimulate any potentially remaining thyroid cancer cells. This will cause your thyroglobulin levels to go up if there are any thyroid cells left in your body.

For more information on blood tests that measure how your thyroid is working, read the resource *Thyroid Function Tests (TFTs)* ([www.mskcc.org/cancer-care/patient-education/thyroid-function-tests-tfts](http://www.mskcc.org/cancer-care/patient-education/thyroid-function-tests-tfts)).

Testing Schedule

- On day 1, you will have your blood taken to measure the amount of thyroglobulin in your blood at baseline (the starting point that your thyroglobulin will be compared to after the
test).

- Also on day 1, you will get an injection of recombinant human TSH.
- On day 2, you will get another injection of recombinant human TSH.
- On day 5, you will have your blood taken again. This is done to measure the amount of thyroglobulin in your blood after taking the recombinant human TSH.

The testing schedule generally looks like this:

**Option 1**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood work</td>
<td>recombinant human TSH injection</td>
<td></td>
<td></td>
<td>Blood Work</td>
</tr>
</tbody>
</table>

**Option 2**

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood work</td>
<td>recombinant human TSH injection</td>
<td></td>
<td></td>
<td>Blood Work</td>
</tr>
</tbody>
</table>

**Test Results**

You can write down test results below.

**Baseline results**

Date________________
Baseline thyroglobulin is: ____________________

TSH is: _________

**Stimulated results**

Previous stimulated thyroglobulin was: _______________ Date ______________

Current stimulated thyroglobulin is: _______________ Date ______________

You can also record your results in the following table:

<table>
<thead>
<tr>
<th>Date</th>
<th>TSH</th>
<th>Free T4</th>
<th>Thyroglobulin</th>
<th>Thyroglobulin AB</th>
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</thead>
<tbody>
<tr>
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</table>

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

Recombinant Human TSH Stimulation Test - Generated on June 30, 2019
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