



## Growth Hormone (hGH) Test System

Product Code: 1725-300

### 1.0 INTRODUCTION

**Intended Use: The Quantitative Determination of Growth Hormone Concentration in Human Serum by a Microplate Enzyme Immunoassay, Colorimetric.**

### 2.0 SUMMARY AND EXPLANATION OF THE TEST

Growth hormone (hGH, somatotropin), secreted from the anterior pituitary, is a polypeptide with two intra-chain disulfide bridges, which circulates free or bound to number of different GH-binding proteins. Several forms of growth hormone have been identified (1) with the major being of molecular weight 22,000 daltons containing 191 amino acid residues. A 20,000-dalton variant, which possesses all known biological functions of GH, has also shown to be important. The primary biological actions of the hormone are in direct growth promoting. GH exerts its effect directly on target organs such as bones and muscles; indirectly through the release of somatomedins, a family of insulin-like growth factor (IGF) hormones, produced in the liver.<sup>2</sup> In particular, somatotropin C (IGF-1) is essential for bone growth during childhood.

The clinical usefulness of the measurement of growth hormone (GH) in children has been well established in ascertaining linear bone growth along the epiphyseal plate. Abnormally elevated levels lead to gigantism while complete absence slows the rate of growth one-third to one-half of normal. In adults, the epiphyseal growth plates fuse so hGH excess gradually produces acromegaly, a coarse thickening of the bones of the skull, hands and feet.

In this method, GH calibrator, patient specimen or control is first added to a streptavidin coated well. Biotinylated monoclonal and enzyme labeled antibodies (directed against distinct and different epitopes of GH) are added then the reactants mixed. Reaction between the various GH antibodies and native GH forms a sandwich complex that binds with the streptavidin coated to the well.

After the completion of the required incubation period, the enzyme-growth hormone antibody bound conjugate is separated from the unbound enzyme-growth hormone conjugate by aspiration or decantation. The activity of the enzyme present on the surface of the well is quantitated by reaction with a suitable substrate to produce color.

The employment of several serum references of known growth hormone levels permits the construction of a dose response curve of activity and concentration. From comparison to the dose response curve, an unknown specimen's activity can be correlated with growth hormone concentration.

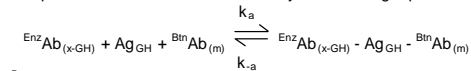
### 3.0 PRINCIPLE

#### Immunoenzymometric assay (TYPE 3):

The essential reagents required for an immunoenzymometric assay include high affinity and specificity antibodies (enzyme and

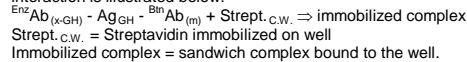
immobilized), with different and distinct epitope recognition, in excess, and native antigen. In this procedure, the immobilization takes place during the assay at the surface of a microplate well through the interaction of streptavidin coated on the well and exogenously added biotinylated monoclonal anti-GH antibody.

Monoclonal biotinylated antibody, the enzyme-labeled antibody and a serum containing the native antigen are mixed, reaction results between the native antigen and the antibodies, without competition or steric hindrance, to form a soluble sandwich complex. The interaction is illustrated by the following equation:



$\text{B}^{\text{m}}\text{Ab}_{(\text{m})}$  = Biotinylated Monoclonal Antibody (Excess Quantity)  
 $\text{Ag}_{\text{GH}}$  = Native Antigen (Variable Quantity)  
 $\text{Enz}^{\text{Ab}}_{(\text{x-GH})}$  = Enzyme labeled Antibody (Excess Quantity)  
 $\text{Enz}^{\text{Ab}}_{(\text{x-GH})} - \text{Ag}_{\text{GH}} - \text{B}^{\text{m}}\text{Ab}_{(\text{m})}$  = Sandwich Complex  
 $k_a$  = Rate Constant of Association  
 $k_{-a}$  = Rate Constant of Dissociation

Simultaneously, the complex is deposited to the well through the high affinity reaction of streptavidin and biotinylated antibody. This interaction is illustrated below:



After equilibrium is attained, the antibody-bound fraction is separated from unbound antigen by decantation or aspiration. The enzyme activity in the antibody-bound fraction is directly proportional to the native antigen concentration. By utilizing several different serum references of known antigen values, a dose response curve is generated from which the antigen concentration of an unknown is ascertained.

### 4.0 REAGENTS

#### Materials Provided:

#### A. hGH Calibrators – 1ml/vial - Icons A-F

Six (6) vials of references for hGH Antigen in human serum at levels of 0(A), 2(B), 10(C), 25(D), 50(E) and 150(F)  $\mu\text{IU/ml}$ . Store at 2-8°C. A preservative has been added.

**Note:** The calibrators were referenced against International Standard WHO 2<sup>nd</sup> IS# 98/574.

#### B. hGH Enzyme Reagent – 13 ml/vial - Icon

One (1) vial contains horseradish peroxidase (HRP) labeled affinity purified antibody, biotinylated monoclonal mouse IgG in buffer, dye, and preservative. Store at 2-8°C.

#### C. Streptavidin Coated Plate – 96 wells - Icon

One 96-well microplate coated with streptavidin and packaged in an aluminum bag with a drying agent. Store at 2-8°C.

#### D. Wash Solution Concentrate – 20 ml/vial - Icon

One (1) vial contains a surfactant in buffered saline. A preservative has been added. Store at 2-8°C.

#### E. Substrate A – 7ml/vial - Icon

One (1) vial contains tetramethylbenzidine (TMB) in buffer. Store at 2-8°C.

#### F. Substrate B – 7ml/vial - Icon

One (1) vial contains hydrogen peroxide ( $\text{H}_2\text{O}_2$ ) in buffer. Store at 2-8°C.

#### G. Stop Solution – 8ml/vial - Icon

One (1) vial contains a strong acid (1N HCl). Store at 2-8°C.

#### H. Product Instructions.

**Note 1:** Do not use reagents beyond the kit expiration date.

**Note 2:** Opened reagents are stable for sixty (60) days when stored at 2-8°C. **Kit and component stability are identified on the label.**

**Note 3:** See end of this product insert for various configurations of reagents by kit size.

#### 4.1 Required But Not Provided:

- Pipette capable of delivering 0.050ml (50 $\mu\text{l}$ ) volumes with a precision of better than 1.5%.
- Dispenser(s) for repetitive deliveries of 0.100ml (100 $\mu\text{l}$ ) and 0.350ml (350 $\mu\text{l}$ ) volumes with a precision of better than 1.5%.
- Microplate washers or a squeeze bottle (optional).
- Microplate Reader with 450nm and 620nm wavelength absorbance capability.

- Absorbent Paper for blotting the microplate wells.
- Plastic wrap or microplate cover for incubation steps.
- Vacuum aspirator (optional) for wash steps.
- Timer.
- Quality control materials

### 5.0 PRECAUTIONS

**For In Vitro Diagnostic Use**  
**Not for Internal or External Use in Humans or Animals**

All products that contain human serum have been found to be non-reactive for Hepatitis B Surface Antigen, HIV 1&2 and HCV Antibodies by FDA licensed reagents. Since no known test can offer complete assurance that infectious agents are absent, all human serum products should be handled as potentially hazardous and capable of transmitting disease. Good laboratory procedures for handling blood products can be found in the Center for Disease Control / National Institute of Health, "Biosafety in Microbiological and Biomedical Laboratories," 2nd Edition, 1988, HHS Publication No. (CDC) 88-8395.

**Safe Disposal of kit components must be according to local regulatory and statutory requirement.**

### 6.0 SPECIMEN COLLECTION AND PREPARATION

The specimens shall be blood, serum in type and the usual precautions in the collection of venipuncture samples should be observed. For accurate comparison to established normal values, a fasting morning serum sample should be obtained. The blood should be collected in a plain redtop venipuncture tube without additives or anti-coagulants. Allow the blood to clot. Centrifuge the specimen to separate the serum from the cells.

**In patients receiving therapy with high biotin doses (i.e. >5mg/day), no sample should be taken until at least 8 hours after the last biotin administration, preferably overnight to ensure fasting sample.**

Samples may be refrigerated at 2-8°C for a maximum period of five (5) days. If the specimen(s) cannot be assayed within this time, the sample(s) may be stored at temperatures of -20°C for up to 30 days. Avoid use of contaminated devices. Avoid repetitive freezing and thawing. When assayed in duplicate, 0.100ml (100 $\mu\text{l}$ ) of the specimen is required.

### 7.0 QUALITY CONTROL

Each laboratory should assay controls at levels in the low, normal and elevated range for monitoring assay performance. These controls should be treated as unknowns and values determined in every test procedure performed. Quality control charts should be maintained to follow the performance of the supplied reagents. Pertinent statistical methods should be employed to ascertain trends. Significant deviation from established performance can indicate unnoticed change in experimental conditions or degradation of kit reagents. Fresh reagents should be used to determine the reason for the variations.

### 8.0 REAGENT PREPARATION

#### 1. Wash Buffer

Dilute contents of wash concentrate to 1000ml with distilled or deionized water in a suitable storage container. Store at 2-30°C for up to 60 days.

#### 2. Working Substrate Solution – Stable for one year

Pour the contents of the amber vial labeled Solution 'A' into the clear vial labeled Solution 'B'. Place the yellow cap on the clear vial for easy identification. Mix and label accordingly. Store at 2 - 8°C.

**Note 1: Do not use the working substrate if it looks blue.**

**Note 2: Do not use reagents that are contaminated or have bacteria growth.**

### 9.0 TEST PROCEDURE

*Before proceeding with the assay, bring all reagents, serum reference calibrators and controls to room temperature (20-27°C).*  
**\*\*Test Procedure should be performed by a skilled individual or trained professional\*\***

- Format the microplate wells for each serum reference calibrator, control and patient specimen to be assayed in duplicate. **Replace any unused microwell strips back into the aluminum bag, seal and store at 2-8°C**
- Pipette 0.050 ml (50 $\mu\text{l}$ ) of the appropriate serum reference calibrator, control or specimen into the assigned well.
- Add 0.100 ml (100 $\mu\text{l}$ ) of hGH Enzyme Reagent to all wells.
- Swirl the microplate gently for 20-30 seconds to mix and cover.
- Incubate 60 minutes at room temperature.
- Discard the contents of the microplate by decantation or aspiration. If decanting, blot the plate dry with absorbent paper.
- Add 0.350ml (350 $\mu\text{l}$ ) of wash buffer (see Reagent Preparation Section), decant (tap and blot) or aspirate. Repeat two (2) additional times for a total of three (3) washes. **An automatic or manual plate washer can be used. Follow the manufacturer's instruction for proper usage. If a squeeze bottle is employed, fill each well by depressing the container (avoiding air bubbles) to dispense the wash. Decant the wash and repeat two (2) additional times.**
- Add 0.100 ml (100 $\mu\text{l}$ ) of working substrate solution to all wells (see Reagent Preparation Section). **Always add reagents in the same order to minimize reaction time differences between wells.**
- Incubate at room temperature for fifteen (15) minutes.
- Add 0.050ml (50 $\mu\text{l}$ ) of stop solution to each well and gently mix for 15-20 seconds). **Always add reagents in the same order to minimize reaction time differences between wells**
- Read the absorbance in each well at 450nm (using a reference wavelength of 620-630nm to minimize well imperfections) in a microplate reader. **The results should be read within thirty (30) minutes of adding the stop solution.**

### 10.0 CALCULATION OF RESULTS

A dose response curve is used to ascertain the concentration of growth hormone (hGH) in unknown specimens.

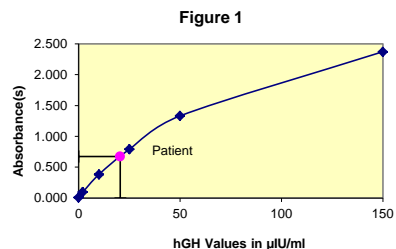
- Record the absorbance obtained from the printout of the microplate reader as outlined in Example 1.
- Plot the absorbance for each duplicate serum reference versus the corresponding hGH concentration in  $\mu\text{IU/ml}$  on linear graph paper (do not average the duplicates of the serum references before plotting).
- Draw the best-fit curve through the plotted points.
- To determine the concentration of hGH of an unknown, locate the average absorbance of the duplicates for each unknown on the vertical axis of the graph, find the intersecting point on the curve, and read the concentration (in  $\mu\text{IU/ml}$ ) from the horizontal axis of the graph (the duplicates of the unknown may be averaged as indicated). In the following example, the average absorbance (0.672) intersects the dose response curve at 20.5  $\mu\text{IU/ml}$  hGH concentration (See Figure 1).

**Note:** Computer data reduction software designed for ELISA assays may also be used for the data reduction. **If such software is utilized, the validation of the software should be ascertained.**

#### EXAMPLE 1

Sample I.D.	Well Number	Abs (A)	Mean Abs (B)	Value ( $\mu\text{IU/ml}$ )
Cal A	A1	0.010	0.010	0
	B1	0.009		
Cal B	C1	0.098	0.095	2.0
	D1	0.092		
Cal C	E1	0.378	0.384	10.0
	F1	0.390		
Cal D	G1	0.818	0.791	25.0
	H1	0.764		
Cal E	A2	1.358	1.332	50.0
	B2	1.306		
Cal F	C2	2.412	2.372	150.0
	D2	2.322		
Ctrl 1	E2	0.486	0.494	13.3
	F2	0.502		
Ctrl 2	G2	1.412	1.404	61.0
	H2	1.396		
Patient	A3	0.678	0.672	20.5
	B3	0.666		

The data presented in Example 1 and Figure 1 is for illustration only and **should not** be used in lieu of a dose response curve prepared with each assay.



## 11.0 Q.C. PARAMETERS

In order for the assay results to be considered valid the following criteria should be met:

- The absorbance (OD) of calibrator 'A' should be  $\leq 0.045$ .
- The absorbance (OD) of calibrators 'F' should be  $\geq 1.3$ .
- Four out of six quality control pools should be within the established ranges.

## 12.0 RISK ANALYSIS

The MSDS and Risk Analysis Form for this product are available on request from Monobind Inc.

### 12.1 Assay Performance

- It is important that the time of reaction in each well is held constant to achieve reproducible results.
- Pipetting of samples should not extend beyond ten (10) minutes to avoid assay drift.
- Highly lipemic, hemolyzed or grossly contaminated specimen(s) should not be used.
- If more than one (1) plate is used, it is recommended to repeat the dose response curve.
- The addition of substrate solution initiates a kinetic reaction, which is terminated by the addition of the stop solution. Therefore, the substrate and stop solution should be added in the same sequence to eliminate any time-deviation during reaction.
- Plate readers measure vertically. Do not touch the bottom of the wells.
- Failure to remove adhering solution adequately in the aspiration or decantation wash step(s) may result in poor replication and spurious results.
- Use components from the same lot. No intermixing of reagents from different batches.
- This immunoassay has been designed so that the high dose "hook effect" is not an issue for elevated samples. Specimens with concentrations greater than 150µIU/ml should be diluted and re-assayed.
- Patients on hGH replacement may develop antibodies to hGH that may interfere in the assay and cause falsely low values. Genetic variants or degradation products may alter antibody-binding characteristics and affect final results. Such samples may display discordant results on different assays that utilized antibodies, which recognize different epitopes.
- Accurate and precise pipetting, as well as following the exact time and temperature requirements prescribed are essential. Any deviation from Monobind IFU may yield inaccurate results.
- All applicable national standards, regulations and laws, including, but not limited to, good laboratory procedures, must be strictly followed to ensure compliance and proper device usage.
- It is important to calibrate all the equipment e.g. Pipettes, Readers, Washers and/or the automated instruments used with this device, and to perform routine preventative maintenance.
- Risk Analysis- as required by CE Mark IVD Directive 98/79/EC - for this and other devices, made by Monobind, can be requested via email from [Monobind@monobind.com](mailto:Monobind@monobind.com).

### 12.2 Interpretation

- Measurements and interpretation of results must be performed by a skilled individual or trained professional.

- Laboratory results alone are only one aspect of determining patient care and should not be the sole basis for therapy, particularly if the results conflict with other determinants.
- The reagents for the test system have been formulated to eliminate maximal interference; however, potential interaction between rare serum specimens and test reagents can cause erroneous results. Heterophilic antibodies often cause these interactions and have been known to be problems for all kinds of immunoassays (Boscato LM, Stuart MC. 'Heterophilic antibodies: a problem for all immunoassays' Clin. Chem. 1988;34:27-33). For diagnostic purposes, the results from this assay should be in combination with clinical examination, patient history and all other clinical findings.
- For valid test results, adequate controls and other parameters must be within the listed ranges and assay requirements.
- If test kits are altered, such as by mixing parts of different kits, which could produce false test results, or if results are incorrectly interpreted, **Monobind shall have no liability**.
- If computer controlled data reduction is used to interpret the results of the test, it is imperative that the predicted values for the calibrators fall within 10% of the assigned concentrations.
- Growth hormone secretion follows a circadian rhythm characterized by discontinuous pulsatile discharge bursts with intervening periods during the day when GH levels are undetectable. The highest levels, in two major bursts, are usually attained within one or two hours after the onset of sleep. Other physiological stimuli of growth hormone are stress, exercise, high protein meals and hypoglycemia.
- Hyperglycemia inhibits growth hormone secretion. Age is an important factor in growth hormone concentrations. At birth, GH is high and generally declines with age with the exception of a burst during the growth phase of adolescence. Women typically have a 50% higher level than their age-matched males.
- Since growth hormone concentration is pulsatile and sporadic during the course of the day (coupled with its' short half- life), single serum random levels do not yield clinically useful information. To overcome this problem, provocative tests are utilized that employ physiological or pharmacological stimuli to induce the secretion or inhibition of GH. For these reasons, the determination of growth hormone alone is not sufficient to assess clinical status.

## 13.0 EXPECTED RANGES OF VALUES

Because of the pulsatile and sporadic nature of growth hormone secretion, reference intervals for basal values are without meaning. However, normal levels rarely have been reported above 150 µIU/ml. The well rested, fasting (12 hours) subjects should have hGH values of 60 µIU/ml or less. With this caveat in mind, 75 apparently healthy adults were assayed the hGH immunoassay. The results are depicted in Table 1.

	N	Mean	Range
Specimens	75	9.1	0 – 55

Provocative tests for hGH response are normally used to access the function of the anterior pituitary. Stimulatory procedures measure the secretion ability of the anterior pituitary to release hGH. Children suspected of growth retardation are common subjects for stimulatory testing. Several dynamic tests are available to induce hGH release: exercise (3), L-dopa administration (4), insulin tolerance test (5), and arginine infusion (6). Each laboratory should assess the normal response, but a peak hGH release in excess of 24µIU/ml is probably normal in all cases.

Inhibitory testing measure the suppression of hGH release from the anterior pituitary. Inhibitory tests are useful in ascertaining growth hormone excess and the resulting conditions of gigantism and acromegaly. The glucose tolerance test is a dynamic test to measure growth hormone excess. The failure of hGH levels to fall below 1µIU/ml within 60-120 minutes suggests excess hGH secretion.

It is important to keep in mind that establishment of a range of values which can be expected to be found by a given method for a population of "normal"-persons is dependent upon a multiplicity of factors: the specificity of the method, the population tested and the precision of the method in the hands of the analyst. For these

reasons each laboratory should depend upon the range of expected values established by the manufacturer only until an in-house range can be determined by the analysts using the method with a population indigenous to the area in which the laboratory is located.

## 14.0 PERFORMANCE CHARACTERISTICS

### 14.1 Precision

The within and between assay precisions of the hGH AccuBind® ELISA test system were determined by analyses on three different levels of control sera. The number (N), mean value (X), standard deviation ( $\sigma$ ) and coefficient of variation (C.V.) for each of these control sera are presented in Table 2 and Table 3.

Sample	N	X	$\sigma$	C.V.
Level 1	24	10.38	0.33	3.13%
Level 2	24	26.23	1.17	4.45%
Level 3	24	61.80	3.40	5.50%

Sample	N	X	$\sigma$	C.V.
Level 1	39	10.48	0.48	4.58%
Level 2	39	26.08	1.77	6.78%
Level 3	39	64.61	4.56	7.09%

\*As measured in experiments with duplicate.

### 14.2 Sensitivity

The hGH AccuBind® ELISA test system has a sensitivity of 0.005 µIU/well. This is equivalent to a sample containing 0.104 µIU/ml hGH concentration. The sensitivity (detection limit) was ascertained by determining the variability of the '0 µIU/ml' calibrator and using the  $2\sigma$  (95% certainty) statistic to calculate the minimum dose.

### 14.3 Accuracy

This hGH AccuBind® ELISA method was compared with a reference immunoradiometric assay. Biological specimens from normal and elevated samples were assayed. The total number of such specimens was 80. The least square regression equation and the correlation coefficient were computed for the GH IEMA in comparison with the reference method. The data obtained is displayed in Table 4.

Method	Mean (x)	Least Square Regression Analysis	Correlation Coefficient
Monobind	15.2	$y = 0.091 + 0.98(x)$	0.985
Reference	15.4		

Only slight amounts of bias between the hGH AccuBind® ELISA method and the reference method are indicated by the closeness of the mean values. The least square regression equation and correlation coefficient indicates excellent method agreement.

### 14.4 Specificity

The cross-reactivity of the hGH AccuBind® ELISA test system to selected substances was evaluated by adding the interfering substance to a serum matrix at various concentrations. The cross-reactivity was calculated by deriving a ratio between dose of interfering substance to dose of Growth Hormone needed to produce the same absorbance.

Substance	Cross Reactivity
Growth Hormone (GH)	1.0000
Luteinizing Hormone (LH)	< 0.0001
Follicle Stimulating Hormone (FSH)	< 0.0001
Chorionic Gonadotropin (CG)	< 0.0001
Thyroid Stimulating Hormone (TSH)	< 0.0001
Prolactin Hormone (PRL)	< 0.0001

## 15.0 REFERENCES

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MP1725 Product Code: 1725-300

Size	96(A)		192(B)	
	A)	1ml set	1ml set	1ml set
Reagent (fill)	B)	1 (13ml)	2 (13ml)	
	C)	1 plate	2 plates	
	D)	1 (20ml)	1 (20ml)	
	E)	1 (7ml)	2 (7ml)	
	F)	1 (7ml)	2 (7ml)	
	G)	1 (8ml)	2 (8ml)	

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