

Oral Glucose Tolerance Test (1 of 1)

An oral glucose tolerance test assesses how well your body absorbs and uses glucose (sugar). It is mainly used to test for diabetes.

Preparation For at least 3 days before the test, you should eat an unrestricted diet rich in carbohydrates. Diets that are reduced in total calories or carbohydrates can lead to incorrect test results. The day before the test, eat your regular evening meal; then fast for 12 hours. During the fast, please do not eat, chew gum, or drink anything except water until the test is completed. Also, do not smoke. Minimise activity such as walking or exercise the day before and the morning of the test.

Procedure The test will last 3 hours. Before the test, a heparin lock will be inserted into a vein in your arm or hand. (The heparin lock is a device that is inserted into a vein in your hand or arm and allows repeated blood samples to be taken without repeated needles in your veins.) A blood sample will then be taken. You may also be asked to give a urine specimen. You will then be given a glass of liquid to drink. This liquid contains glucose. After drinking the liquid, your blood glucose level will begin to rise, and your pancreas will secrete insulin to help your body use and store the glucose. Samples of blood (and sometimes urine) will be taken at regular intervals to measure glucose.

Side-Effects After you drink the medication, you may feel some of these sensations:

- nausea
- stomach ache
- headache.

These side effects will subside during the test.

After the Procedure After the last blood sample is taken, and if no other blood tests are needed, your heparin lock will be removed. You may then eat and resume your usual activities and go home.

If you need this information in another language or medium (audio, large print, etc) please contact the Patient Advice and Liaison Service (PALS) on 0800 374 208 email: palservice@salisbury.nhs.uk
You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the Data Protection Act 1998.

Author: C Taylor
Date written: June 2006
Approved: June 2006
Review date: June 2009
Version: 1.0
Code: CSNew120

Contact: Day Assessment Unit
Tel.: 01722 336262 ext. 4201