

Department of Pathology

GP REFERRED ORAL GLUCOSE TOLERANCE TEST FOR ADULTS PATIENT INFORMATION LEAFLET

Making an appointment for this test

Your GP surgery may make the appointment or you can do this yourself by phoning the **Day Unit, St.Mary's Wing, Luton and Dunstable Hospital on 01582 718106 Monday to Friday between 9.00 am and 3.30 pm.**

Providing the results on your Oral Glucose Tolerance Test ICE request form indicate that this test is necessary, according to guidelines agreed by the laboratory, you would be given an appointment for the test. If there is a problem and we are unable to give you an appointment, please contact your doctor for advice.

If you are unable to attend for any reason it is important that you phone us on the above number as soon as possible so we can offer your appointment to another patient.

If you have an infection, are unwell or are on antibiotics in the two weeks before your test, please postpone the appointment by calling us on the above number.

What is glucose and how is it used?

Glucose is a simple sugar that serves as the main source of energy for the body. It is transported in the blood to supply the muscles with energy.

What is an Oral Glucose Tolerance Test?

Some people's bodies are unable to use glucose (sugar) properly. Usually this is obvious from your blood glucose level (checked by a normal blood test) but occasionally it has to be checked using a Oral Glucose Tolerance Test. This involves drinking glucose and measuring how quickly it disappears from the blood.

What preparation is needed for the test?

- For three days before the test you should eat normally. If your doctor or a dietician has prescribed a special diet you should discuss this with them.
- Take your usual amount of exercise during the three days before the test.
- **You should not eat anything from 10pm the night before the test. You may only drink water.**
- You must not take alcohol the night before the test.
- If you regularly take medicines take these as usual with water only. If any need to be taken with food, it may be advisable to delay them until after the test. If you are unsure about this please contact your GP.
- Please bring a list of any medicines that you are currently taking and give the list to the person who does the test. (Some medicines can affect the test.)
- Please bring the Oral Glucose Tolerance Test ICE request form that your GP has given you.

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On the day of your test

Please go to the Day Unit, St.Mary's Unit, the Luton and Dunstable Hospital.

What does the test involve?

- The Oral Glucose Tolerance Test involves drinking a pleasantly flavoured glucose drink and having several blood samples collected over a period of time.
- The test takes about 2 ½ hours and we suggest that you bring something to occupy yourself such as a book or magazine.
- As you will be asked to come fasting, you may wish to bring something from home to eat after the test is completed.
- A blood specimen from your finger will be taken and tested straight away to ensure that it is necessary to continue.
- If the test is to be continued, you will have a blood sample taken then given a glucose drink and asked to sit quietly for 2 hours in the waiting area, **with no exercising, smoking, eating or drinking (except water)**.
- If you are sick or feel unwell during the course of the test **please do not hesitate to tell** the person who takes your blood samples.
- 2 hours after the start of the test another blood sample will be taken, after which you may have something to eat and go home. The blood samples will be sent to the laboratory for glucose levels to be measured.

Contact your GP for your results a week after the test. The Laboratory is not allowed to give the result directly to you.

If you require advice please call the Day Unit, St.Mary's Wing, Luton and Dunstable Hospital on 01582 718106 Monday to Friday between 9.00 am and 3.30 pm.