

GP REFERRED ORAL GLUCOSE TOLERANCE TEST FOR ADULTS INFORMATION FOR REQUESTORS

An OGTT may be performed in the Day Unit, St.Mary's Wing at Luton & Dunstable Hospital, by appointment only. Please refer to the Bedfordshire diabetes algorithm '*Blood testing protocol for people identified at high risk of type 2 diabetes*' for guidance on the diagnosis of diabetes and the requirement for an OGTT. Any reason other than those listed below and in accordance with the above algorithm should be discussed with the duty biochemist on bleep 237 (Monday - Friday, 9.00am - 5.30pm).

ALL criteria 1, 2 and 3 MUST be met

1	Two fasting plasma glucose results within past three months: two 5.5-6.9 mmol/L or one ≥ 7 mmol/L and one < 7.0 mmol/L
2	Patient asymptomatic <u>and</u> high clinical suspicion of diabetes
3	HbA1c not suitable for diabetes screening: Short duration symptoms, patients taking drugs that cause rapid glucose rise (eg corticosteroids), acute pancreatic damage/ surgery. Anything that alters red blood cell turnover (as these will make HbA1c results unreliable) eg anaemia, B12 deficiency, renal failure, recent blood transfusion

In almost all cases that meet these criteria, the OGTT will proceed and the patient will not be sent away for further repeat tests. The only exception is for patients who are found to have very high, diagnostic, fasting capillary blood glucose on the day of the OGTT, which is confirmed on a venous sample tested in the laboratory. These patients will be referred back to their surgery.

Final interpretation of the OGTT, if performed, will depend on the result of the 120 minute glucose and interpretation is provided with the result

Pre-test requirements:

- Provide the patient with an **ICE request form** for Oral Glucose Tolerance Test
- Provide patient with '**GP REFERRED ORAL GLUCOSE TOLERANCE TEST FOR ADULTS PATIENT INFORMATION LEAFLET**' for complete patient instructions and information about the procedure.
- Please ensure the **patient is well** when they attend for the OGTT, if they are unwell and/or on antibiotics the test will not be performed
- The patient must have **nothing to eat or drink, except water, for a minimum of 10 hours** and maximum of 14 hours before the test and should have been on a normal carbohydrate diet for 3 days prior to the OGTT.

Please discuss with the laboratory if intending to perform an OGTT at the surgery as full details of the procedure will be required.