

ENDOCRINE TESTING UNIT

Patient Information Sheet –5 Hour Oral Glucose Tolerance Test (OGTT)

Your doctor has referred you to the Endocrine Testing Unit (ETU) for an oral glucose tolerance test.

What is a 5 hour oral glucose tolerance test?

An oral glucose tolerance test can be useful for your Endocrinologist to establish if the symptoms you are experiencing are related to low blood sugar.

Aim: To determine your blood sugar and insulin levels after consuming a high glucose drink (to diagnose delayed hypoglycaemia)

How do I prepare for this test?

- You **must FAST**, that means nothing to eat or drink (except water) from midnight the night before the test.
- You should take your usual medications on the day of the test (unless advised otherwise)
- You should eat a high carbohydrate ie.more than 100gm/ day diet for 3 days prior to the test. If you normally follow a weight reducing or low carbohydrate diet this should be stopped for 3 days prior to the test.
- Bring a sandwich and a drink to have at the end of the test.

What will happen during the test?

The test will usually commence around 8.30am and will take about 5-6 hours

You will be able to watch television, videos or DVDs throughout the test. You may bring with you bring reading material, i-pad or music to listen to.

When you arrive at the ETU the endocrine registrar will discuss the test and have you sign a consent form. You will be required to sit up in a bed for the duration of the test. The ETU nurse will then insert a cannula into a vein in your arm to enable blood samples to be collected at set time-points throughout the test. After the first blood sample is collected you will be given a high glucose drink to consume within 10 minutes. Blood samples will then be collected at set time-points depending on the test.

ENDOCRINE TESTING UNIT

During the 5 hour OGTT the nurse will also be monitoring any symptoms you may experience.

Once the test is completed the cannula will be removed, you may have something to eat and drink, then you may go home.

Are there any side effects or complications from an oral glucose tolerance test?

There are usually no side effects from this test except perhaps a small bruise where the cannula is inserted. Some people may experience mild nausea following the sweet drink.

What happens after the test?

The results of the test will be available after a couple of days. Your Endocrinologist will contact you regarding the results and any changes to your treatment.

What if I have any questions?

You will have the opportunity to ask questions of the doctor prior to the test. If you would like to change any arrangements please contact the ETU Nurse Unit Manager on phone 92958231.