

Useful Contact Numbers

If you would like to learn more about this test, or any other test that your doctor has ordered, you can visit LabTestsOnLine which is a free resource created and updated by laboratory professionals for patients:

<http://www.labtestsonline.org.uk/>

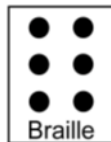
For enquiries please contact our Help Line:

Surrey: 0300 613 4117
Berkshire: 0800 0327 105

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or for a translation of this document, an
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or



or



please contact the
Patient Advice & Liaison Office on

 01276 526706

Berkshire & Surrey
Pathology Services

NHS

A joint venture between Ashford and St. Peter's Hospitals NHS Foundation Trust, Frimley Health NHS Foundation Trust, Royal Berkshire NHS Foundation Trust and Royal Surrey County Hospital NHS Foundation Trust. Legal entity host Frimley Health NHS Foundation Trust

Pathology Solutions

Oral Glucose Tolerance Test (GTT)

Your appointment is at:

_____ (time)

on:

_____ (date)

at:

_____ (place)

Introduction

At any time of life, it is possible for a person to develop the condition known as “diabetes mellitus”. This occurs when the pancreas cannot produce enough of the hormone insulin, which helps to control the amount of sugar in the blood.

As a result, blood sugar levels can rise to abnormally high levels. This needs to be recognised and treated to prevent the development of further complications.

Your doctor thinks that you may have developed diabetes mellitus. The glucose tolerance test will help to determine whether this is so.

Our Laboratories

Blood Sciences Department
Surrey Pathology Services

Frimley Park Hospital
Portsmouth Road, Frimley
GU16 7UJ

Royal Berkshire Hospital
Craven Road, Reading
RG1 5AN

Royal Surrey County Hospital
Egerton Road, Guildford
GU2 7XX

St Peters Hospital
Guildford Road, Chertsey
KT16 0PZ

Wexham Park Hospital
Wexham, Slough
SL2 4HL

After Your Test

The results of your glucose tolerance test will be available the following day, and will be sent directly to your GP (or the doctor or nurse who requested the test).

The laboratory is not able to give results directly to patients. You should contact your GP surgery to arrange an appointment to discuss the results.

Introduction

The glucose tolerance test involves drinking a large amount of sugar, usually in the form of a sugary drink. We measure blood sugar levels before the drink and then again two hours afterward to check that your blood sugar is normal and that the sugar in the drink is being metabolised properly.

Before Your Test

You will need to fast overnight before your test. Drink only water, and do not eat anything for 10-14 hours before your test.

Before the test begins, the Phlebotomist will take a finger prick sample and use a glucose meter to measure your blood sugar quickly. If the level is very high or very low, the Phlebotomist will take a venous blood sample to be analysed in the laboratory to confirm the high result - if your blood sugar is too high or low the glucose tolerance test will not proceed, as it could cause your blood sugar levels to become dangerously abnormal.

If the finger prick glucose result is normal or only slightly high or low, the glucose tolerance test will proceed.

During Your Test

The Phlebotomist will first take a blood sample from a vein in your arm, then you will be asked to drink a sugary drink. You will then need to wait in the Out-patients department for two hours, without smoking, eating or drinking (other than water).

If you feel unwell at any time, please inform a member of staff immediately.

After two hours, the Phlebotomist will take a second blood sample from a vein in your arm.

The test is then complete, and you will be able to leave the hospital. The test should not have any lasting effects, and you will be able to eat and drink normally, and to drive home.