



PATIENT INFORMATION

Glucose Tolerance Test For Diabetes

What is it for?

The glucose tolerance test is performed to help the medical team find out if your body is processing sugar correctly.

Is there any preparation?

Yes – you can eat normally in the days leading up to the test but you must not have anything to eat or drink for at least 10 hours (from 10.00 p.m. the previous evening is suggested). You should be on your normal exercise regime. You should avoid alcohol the night before and cigarette smoking on the morning of the test. Water only should be taken on the morning of the test. Black tea or coffee contains caffeine and could affect the results.

What will happen?

You will be asked to attend at around 9.00 am. A simple blood test will be taken and then you will be given a sugary solution to drink over about 5 minutes. This can be flavoured with few drops of jif lemon juice if preferred. You should sit quietly during the test; exercise will affect the results. You will then have another blood test 2 hours later. You cannot have anything else to eat or drink until the last blood test has been taken. Once the 2 hour blood test has been taken you will be offered something to eat and drink before leaving the unit.

Are there any side effects or risks?

Some people can become nauseated during the test and very occasionally vomit. If this happens the test will be ended, you will be offered something to eat and drink and observed until you feel well enough to go home. A further test may need to be arranged after discussion with the doctor who has requested it.

There is some potential for some bruising where the blood tests have been taken but there are no other risks during this test.

Please inform the nursing staff if you are prone to fainting or being unwell when having blood taken.

When will I know the result?

You will generally be notified by letter 1-2 weeks or at your next outpatient appointment.

What if I can't come?

Please phone our Co-ordinator or TAIRU reception on ☎ (01803) 655600. Your appointment can then be rearranged.

If you have any questions about the Glucose Tolerance Test for Diabetes or would like some further information please contact: TAIRU Co-ordinator Tel: ☎ (01803) 655600