



PATIENT INFORMATION

Glucose Tolerance Test For Growth Hormone Excess (Acromegaly)

What is it for?

The glucose tolerance test is performed to help the medical team find out if your body is producing too much growth hormone.

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 from midnight the night before the test.

What will happen?

You will be asked to attend at around 9.00 am. A small plastic tube (cannula) will be placed in a vein to make taking blood samples easy and the first sample will be taken. You will then be given a sugary solution to drink over about 2 minutes. This can be flavoured with lemon juice if preferred. You will then have repeat blood tests at 30 minute intervals for 2 hours using the cannula. You cannot have anything else to eat or drink until the last blood test has been taken and will need to remain in the unit for the duration of the test. Once the final blood test has been taken the cannula will be removed and 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 cannula has been placed.

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 after your test 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 this leaflet or would like some further information please contact: TAIRU Co-ordinator - Tel: 01803 655600