

Endocrinology

Prolonged glucose tolerance test

Your doctor has referred you for a prolonged glucose tolerance test. This leaflet aims to provide you with the information you need to prepare for the test.

What does the test involve?

This test will establish what happens to your blood sugar levels after consuming a sugary drink (glucose).

Bloods will be taken every 30 minutes for 5 hours. You may therefore wish to bring a book or magazine to read.

Preparation for the test

Please do not eat or drink anything except plain water from midnight the day of the test.

You should take regular medication as normal unless otherwise advised.

During the test

- A thin tube known as a cannula will be inserted into a vein in your arm or hand to allow for blood samples to be taken
- A blood sample will be taken from the cannula
- Following this, a sugary drink (glucose) will be given, which should be consumed within 5 minutes
- Further blood samples will be taken every 30 minutes up to 5 hours
- You will be monitored throughout for any symptoms
- Once the test had finished, the cannula will be removed
- You will be offered a drink and something to eat at the end of the test



Patient Information

Results

Once the results are back, these will either be sent to you by letter, phone call or discussed at your next clinic appointment.

Contact the endocrine specialist nurse

If you require more information regarding this test, please contact the Endocrine Specialist Nurse.

Monday to Friday, 8am to 4pm

Telephone 02476 965983 (Answerphone service is available when out-of-office)

If you are unable to attend your appointment date it is important that you advise us.

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact 024 7696 5983 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet, please email feedback@uhcw.nhs.uk

Document History

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