

Patient Information Leaflet

Adult glucose (sugar) Tolerance Test

Whiston and St Helens - 051 440 1947 (ask for blood room)

What is a glucose tolerance test?

Some people's bodies are unable to use glucose (sugar) properly. Occasionally this is checked by a formal test known as a Glucose Tolerance Test (GTT). This is done by drinking glucose and measuring how quickly it disappears from blood.

How do we do the test?

You will have had nothing to eat overnight and on the morning of the test, only water is allowed. A blood sample is taken and you will be given a drink containing glucose. A further blood sample will be taken two hours later. During the test you will be asked to be seated and not to smoke or eat but you can drink water. The result will be sent to the doctor who asked for you to be tested. We cannot give you the result directly.

What will this mean to me if the test is abnormal?

If your test shows that your body does not clear glucose quickly enough you may have Diabetes Mellitus. Your doctor will decide the best treatment for you which could be a combination of regular exercise, diet, tablets and/or insulin.

Some people have partially abnormal results, known as either Impaired Glucose Tolerance or Impaired Fasting Glucose. This may sometimes progress to diabetes. Your doctor will suggest how to treat this.

What do I need to do for the test?

It is vital that you follow these steps exactly:

- For three days before the test you should eat normally. If your doctor or a dietician has prescribed a special diet you should stick to this with them.
- During the three days before the test do not undertake any severe or moderate exercise. If you do wish to exercise, gentle exercise only is recommended e.g. easy walking.
- **You should eat nothing from 10.00 pm the night before the test.** You may only drink water after this time.
- **Please do not smoke on the morning of your appointment.**
- If you regularly take medicines, take these as usual. If any should be taken with food, it may be advisable to delay taking them until after the test. **If you are unsure about this please contact your doctor.**

Please come toat 9.00am on the morning of the test. As you are likely to have to stay for about two and a half hours you may like to bring a book or something to read.