

# Keep and Copy Series



## WHAT YOU NEED TO KNOW ABOUT HAVING AN ORAL GLUCOSE TOLERANCE TEST (OGTT)

This leaflet is intended to provide information for people who have been advised to have a glucose tolerance test. It is very important to follow the guidelines given below so that your test is accurate and you don't need to repeat it.

### WHAT IS A GLUCOSE TOLERANCE TEST?

This test is usually used to rule out or diagnose diabetes. It can also show impaired glucose tolerance (where the body is unable to deal with glucose in the normal way) in people with previously raised glucose due to other causes. It is very important that these conditions are diagnosed early because prompt treatment helps to support good health later on in life.

### WHERE AND WHEN?

Your OGTT will be carried out at the following location:

\_\_\_\_\_

The appointment for your test is on:

[date] \_\_\_\_\_

at [time] \_\_\_\_\_

If you are unable to attend, please telephone

\_\_\_\_\_

to rearrange your appointment.

### BEFORE YOUR TEST

For 3 days before the test please eat plenty of carbohydrate foods such as breads, pasta, rice, potatoes and cereals.

### ANY OTHER QUESTIONS?

Talk to your doctor or nurse, or go to [www.diabetes.org.uk](http://www.diabetes.org.uk) or [www.patient.co.uk](http://www.patient.co.uk)

Contact details \_\_\_\_\_

From 8 pm the night before the test you **MUST NOT EAT OR DRINK** anything except **WATER**. Do not smoke or chew anything. Do not even take medication. Remember that drinking water is important to avoid becoming dehydrated.

### ON THE DAY OF YOUR TEST

On the day of your test please allow yourself plenty of time and arrive 10 minutes early.

First, a blood sample will be taken – this is usually taken from your arm. It will be sent for analysis.

Next, you will be asked to have a sugary drink, and a second blood sample will be taken two hours later.

You **MUST** stay seated in the department during the whole of the OGTT. You **MUST NOT** eat, smoke or drink anything other than water. If you do not follow all this advice the test will have to be done again.

Why not bring some reading, a music player with headphones, knitting or any other quiet activity that can keep you occupied during your two-hour wait?

After your second blood sample, you may take your medication and have a snack if you wish, if you bring these with you.



You can download this leaflet to use with your patients, from [www.bjpcn.com](http://www.bjpcn.com)