

Prolonged Oral Glucose Tolerance Test

What is a prolonged oral glucose tolerance test?

The prolonged oral glucose tolerance test is used to investigate how your body's blood sugar levels respond to a sugary drink.

What does the test involve?

When you arrive we will explain the procedure of the test to you. First, we will place a cannula in one of your veins. We will use this to take bloods from at insertion. After the first blood test you will be given a sugary solution to drink. We will then take further bloods from the cannula at half hourly intervals for 4 hours to monitor your blood sugar levels. If you have any symptoms of a low blood sugar level (shakey, sweating, nausea, dizzy, woozy, or feeling your heart rate increase) please let the nurse know and they will check your blood sugar levels using a finger-prick test. If this is low we will then take further blood samples for your blood sugar and insulin levels. If this happens we can then stop the test, give you something to eat and you are able to go home. If this does not happen then after four hours we will remove the cannula and you can go home.

What preparation do they need or not need?

Do not have anything to eat or drink apart from water from 10pm the evening before the test.

What happens when they arrive at the hospital or the clinic and whom will they meet?

You will be met by one of the Endocrine Specialist Nurses and taken in to a clinic room where you will remain for the duration of the test.

Will they be asked to sign a consent form or is verbal consent needed?

The Endocrine Specialist Nurse will explain the procedure to you, and then you will be asked if you verbally consent to the test.

When can they start normal activities again?

There are no restrictions on your normal activities.

How long will they stay in hospital?

We expect your appointment to last around four and a half hours.

Going home – do they need someone with them or any special equipment?

There are no special requirements after this test. If your blood sugar has been low on the finger-prick test you should not go home until this has improved, and you should have something substantial to eat before driving.

What are the next steps?

The blood test results can take a day or two to return, and the Endocrine Specialist Nurse will contact you by telephone when we have them.

Who can they contact if they have any more questions?

If you have any questions please feel free to contact the endocrine specialist nurses on **01392 402847** (answer phone available if endocrine nurse unavailable) or **rde-tr.exeterendocrinenurses@nhs.net**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

© Royal Devon and Exeter NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E