

# Oral Glucose Tolerance Test

**This leaflet explains what an oral glucose tolerance test is and what you can expect when you come to hospital. If you have any further questions, please speak to a doctor or nurse caring for your child.**

## **What is an oral glucose tolerance test?**

This test measures levels of sugar and insulin in the body. It is usually done if there is a family history of diabetes mellitus and / or obesity in the child or any other predisposition factors for diabetes.

## **How can I prepare for this test?**

To ensure reliable and accurate results, it is important that your child has a normal balanced diet for at least five days before the test. You must ensure that your child has nothing to eat or drink from midnight of the evening before the test. They may only drink water on the morning of the test. Once the test has been completed your child will be offered something to eat and drink on the ward.

## **What happens during the test?**

The oral glucose tolerance test is performed over two hours. At the beginning of the test, both a urine sample and a blood test are taken before your child is given a sugary drink. After two hours, a further urine and blood sample will be required at the end of the test.

A local anaesthetic cream or spray may be used to numb the area of skin where a small needle / plastic tube (cannula) is inserted into a vein in your child's hand or arm and left in place for the duration of the test. If the cream is used, this needs to be applied 30-45 minutes before the insertion of the cannula. The cannula will be inserted prior to the sugary drink being given. Alternatively, if preferred, two separate blood tests can be done.

Your child should not have anything to eat throughout the test but may drink water only. You may expect to be on the ward for around three or four hours. Before going home, your child's blood sugar is re-checked to make sure that it is normal before the cannula is removed.

## Contact us

Please contact the paediatric endocrine clinical nurse specialist on either 0787 659 7062 or 0778 685 6764 (Monday to Friday 8.30am to 4.30pm) if you have any questions about this.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit**

**[www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

## **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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