

**Patient
Information**

Oral Glucose Tolerance Test (GTT)

Introduction

This leaflet is for patients who have been asked to come to the hospital for an oral Glucose Tolerance Test (GTT).

What is the oral GTT?

This test is a way of looking at how your body handles glucose (sugar). You will be given a glucose drink called Polycal[®]. Blood samples are taken before having the drink and 2 hours afterwards. The levels of glucose in your blood samples are measured in the laboratory and your doctor looks at these to see how well your body is able to manage your blood sugar levels.

Why are you having a GTT?

There are a number of reasons why your doctor thinks you need to have a glucose tolerance test:

- If you have symptoms or other tests that suggest that you may have diabetes mellitus (sometimes just called diabetes), the GTT is a useful way of making the diagnosis.
- Some people develop a condition called gestational diabetes during pregnancy. It is important for the wellbeing of both you and the baby that this is found quickly so that treatment can be given.
- The GTT may sometimes be used to test other hormone systems, for example, if looking at growth hormone release. This use of the test is quite unusual and should be talked about with your doctor.

Your doctor should have discussed the risks and benefits of the GTT with you. If you have any questions about the GTT, the risks and benefits or why you are having this test, please contact your doctor.

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**Patient
Information****What you must do before coming for the GTT**

- You should eat normally for at least 3 days before the test and should not have been dieting.
- On the day before the test is due, stop eating food by 10 o'clock at night. You are allowed to drink water but must avoid all other drinks.
- Do not chew gum or sugar free sweets, and do not smoke or use e-cigarettes or nicotine patches.
- Other than water, do not have anything to eat or drink on the morning of the test.
- Check with your doctor that you can delay taking any tablets or medicines on the morning of the test until after it is finished.

What will happen during the test?

A blood sample will be taken from your arm. You will then be asked to drink a glass of diluted Polycal[®] followed by a small drink of water.

The diluted Polycal[®] is a flavoured drink containing the equivalent of 75g of glucose.

Two hours after finishing the drink, a second blood sample will be taken from your arm.

Extra blood samples may be taken if you are having one of the special tests, such as for looking at your growth hormone release, but this will have been discussed with you beforehand.

All the blood samples will be sent to the laboratory for glucose analysis. You must sit quietly and must not smoke or chew gum or sweets during the 2 hours of the test.

If you feel unwell at any point during the test, please let a member of staff know straightaway.

When will you know the results of the tests?

The laboratory staff cannot give you the results of the test. The results will be sent to your doctor, normally within 24 hours. Your doctor will then discuss the results with you.

**Patient
Information**

If you need to cancel a GTT appointment

If you cannot attend the test for any reason then please contact the doctor who advised you to have the test.

Points to remember

- Have nothing to eat or drink other than water from 10 o'clock the night before the test until after the test is finished.
- You may want to bring something with you to read during the test as you will need to rest while waiting to have the second blood sample taken.
- You will be in the department for up to 3 hours, so please bear this in mind when parking if you travel by car.

Further information

If you would like to learn more about this test please visit the following website:

Lab Tests Online UK

Website: <https://labtestsonline.org.uk/tests/glucose-tests>

This is a free resource created and updated by laboratory professionals for patients.

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