

Oral Glucose Tolerance Test

What is Oral Glucose Tolerance Test (OGTT)?

OGTTs are blood tests used by your Doctor to help diagnose Diabetes Mellitus (often just called 'diabetes').

What is Diabetes?

Diabetes Mellitus is a condition in which the level of glucose (sugar) in the blood becomes too high because the body cannot use it properly. About one million people in the UK are known to have diabetes.

If your Diabetes is not diagnosed and controlled then your blood glucose will remain high. This can cause both short term and long term problems. In the short term it can cause dehydration as high blood glucose levels increase the amounts of urine passed. Over time, high glucose levels can damage blood vessels, nerves, and organs throughout the body such as eyes. High glucose levels also contribute to other problems such as high blood pressure and heart disease in addition to diabetes.

It is important that if you do have diabetes it is diagnosed and treated as soon as possible. You may not necessarily feel unwell if your blood sugar level is high, but long term damage may still be happening to your body.

What do I have to do before my test?

It is important that you have followed a normal unrestricted diet for the three days before your blood test.

Please do not have anything to eat or drink other than tap, or plain bottle water from 10.00pm on the evening before the test until after the test is completed.

How is the Test done?

The test can only be done in the morning. At the start of the test you will have a blood sample taken then be given a drink containing glucose, which should be consumed within five minutes.

A further blood sample will be taken two hours after the drink.

You should not smoke or eat and should remain seated for the duration of the test. As the test takes two hours it is advisable to bring something to read.

After the two hour sample is taken the test is over and you will be free to leave. The results of your test will be sent to your doctor as soon as they are available.

Is there an alternative to the OGTT?

An OGTT is not always necessary to diagnose diabetes. In some cases, diabetes can be diagnosed with just one or occasionally two blood tests depending on whether there are symptoms present such as thirst. When a blood test returns a result they cannot give a definitive diagnosis, your Doctor will ask for an OGTT to be performed.

What are the potential risks and side effects?

Some people may feel nauseous after the glucose drink as it is quite sweet. Should you feel ill at any point during the test please inform a member of staff.

Some bruising may appear at the site where your blood was taken.

What are the expected benefits of treatment?

Long term good diabetic control (that is maintaining your blood sugar levels within certain limits) will help reduce the risk of short term and long term complications as indicated above.

Sources of information

- Your GP or Practice Nurse
- Diabetic Specialist Nurse
- Clinical Biochemistry Department
- www.labtestsonline.org.uk
- Diabetes UK – www.diabetes.org.uk

Important Information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments please contact our Patient Advice and Liaison Service (PALS) - details below.

Hand Hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

This information is available in alternative formats such as large print or electronically on request. Interpreters can also be booked. Please contact the Patient Advice and Liaison Service (PALS) offices, found in the main reception areas:

Conquest Hospital

Email: esh-tr.palsh@nhs.net – Telephone: **01424 758090**

Eastbourne District General Hospital

Email: esh-tr.palse@nhs.net – Telephone **01323 435886**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

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