

Prolonged Oral Glucose Tolerance Test

What is Prolonged Oral Glucose Tolerance Test?

This test is normally performed over a four-hour period that will help establish what happens to your blood glucose (sugar) levels after you have consumed a high volume of sugar.

Why would I need this procedure?

The test provides an indication of the symptoms that you may have experienced that could be caused by a low blood sugar level.

What are the symptoms that have led to me having this procedure?

Some common symptoms include:

- Fatigue
- Dizziness or light-headedness
- Sweating
- Irritability or anxiety
- Cravings for sweet foods
- Increase in appetite (some describe an incurable hunger)
- Increase in heartbeat

What are the alternatives?

There are no recommended alternatives to this test.

What are the expected benefits of having the test?

This test will help your doctor find out if you have a condition in which your body reacts too much with the high sugar levels causing a rebound effect bringing your blood sugar levels below normal called reactive hypoglycaemia. It also provides information about how much insulin your body produces during episodes of low blood glucose levels. Insulin is a hormone secreted from the pancreas which affects the uptake of sugar in the body.

What are the potential risks and side effects?

There is a risk of allergic reaction to this test, although this is extremely rare. Please tell the endocrine team of any previous allergic reactions you have had.

If you have diabetes, this test might cause a temporary rise in your blood glucose levels during and after the test for about a day.

You may experience a hypoglycaemic (low blood sugar levels) episode which can present into (fainting, passing out or seizure).

If you are pregnant or think you may be, please let your specialist endocrine nurse know prior to your appointment on the number below.

A cannula (tiny plastic tube) will be inserted into a vein in your arm or hand using a needle. The cannulation process is similar to that of a blood test.

Associated risks with cannulation or a blood test may include:

- multiple punctures to locate veins
- bleeding from puncture site
- bruising
- haematoma (blood build up under the skin)
- fainting or feeling lightheaded
- infection (a slight risk any time the skin is broken)
- phlebitis (inflammation of the vein)

Keeping pressure on the puncture site for a few minutes after the needle is removed will help to reduce bruising

Preparation for your test

Ensure you have a normal carbohydrate in your diet on the days leading to your test.

It is important that you do not have anything to eat or drink from midnight, except sips of water prior to the test. You will be offered a drink and something to eat at the end of the test. You may take your other medication as normal on the day of the test.

What happens during the test?

When you arrive in the endocrine suite, you will be escorted to the investigation room and a bed will be provided for you throughout the test. A small plastic tube (a cannula) will be inserted into a vein in your arm, which will allow us to take the blood samples more easily. After the first samples of blood have been taken, you will be given chilled glucose solution to drink over five to ten minutes.

Further blood samples will be taken at 15 -30minutes interval for about 4 hours. You will be monitored closely and symptoms will be recorded.

In the event that you feel like you can't tolerate to continue the test, speak with your endocrine nurse on duty immediately.

This test will last for 4-5 hours depends how you feel afterwards.

Will I have an anaesthetic?

No

How will I feel afterwards?

You may feel tired after the test. We advise that you do not drive or handle any machinery after the test for a day.

How long will I be in hospital?

You will be in the hospital for approximately 5 hours depends on how you feel after the test.

What should I do when I go home?

In most cases, patients resume their normal activities apart from driving, doing strenuous activities and handling machineries. Your endocrine specialist nurse will also provide you with some advice what you can and cannot do.

How soon will I be able to resume normal activities?

In most cases, patients resume to their normal activities the following day.

Will I have to come back to hospital?

Depending on the test results, further tests may be required.

When can I return to work?

In most cases, patients resume to work the following day.

Consent

Although you consent for this test, you may at any time withdraw such consent. Please discuss this with your endocrine team.

Sources of information

For queries concerning this leaflet or your procedure please contact:

Endocrine Team at ESHT

Telephone: 0300 131 5910 - EDGH and CQ

Opening Hours: 8am – 4pm (Monday – Friday except Bank Holidays)

Important information

This patient information 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 the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

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

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

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:

Consultant Endocrinologists (ESHT):

Dr David Till, Dr Umesh Dashora, Dr P. Sathis Kumar, Dr Ashref Bdiri, Dr. Koshy Jacob, Dr Shakeel Ahmad, Dr Sadekh Elrokh

Biochemistry Consultants (ESHT):

Dr Yvette Lolín, Dr Hagosa Abraha, Dr Abd Al Hasan, Dr Indra Ramasamy

Endocrine Specialist Nursing Team (ESHT):

Mrs Maria Ravelo (Senior Endocrine Specialist Nurse)
Miss Angel Johnson (Endocrine Specialist Nurse)
Mrs Debby Gordon (Endocrine Assistant Practitioner)

The Endocrinology Department has agreed this patient information leaflet.

Next review date: February 2025

Responsible clinician/authors: Mrs Maria Ravelo (Senior ESN)
Mr Aldons Chua (TWS ESN)

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk