

## Useful Contact Numbers

If you would like to learn more about this test, or any other test that your doctor has ordered, you can visit LabTestsOnLine which is a free resource created and updated by laboratory professionals for patients:

<http://www.labtestsonline.org.uk/>

For enquiries please contact our Help Line:

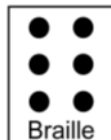
Surrey: 01276 604595

Berkshire: 0800 0327 105

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or



or



please contact the  
Patient Advice & Liaison Office on

 01276 526706

## Oral Glucose Tolerance Test (GTT)

Your appointment is at:

\_\_\_\_\_ (time)

on:

\_\_\_\_\_ (date)

at:

\_\_\_\_\_ (place)

## Introduction

At any time of life, it is possible for a person to develop the condition known as “diabetes mellitus”. This occurs when the pancreas cannot produce enough of the hormone insulin, which helps to control the amount of sugar in the blood.

As a result, blood sugar levels can rise to abnormally high levels. This needs to be recognised and treated to prevent the development of further complications.

Your doctor thinks that you may have developed diabetes mellitus. The glucose tolerance test will help to determine whether this is so.

## Our Laboratories

Blood Sciences Department  
Surrey Pathology Services

Frimley Park Hospital  
Portsmouth Road, Frimley  
GU16 7UJ

Royal Berkshire Hospital  
Craven Road, Reading  
RG1 5AN

Royal Surrey County Hospital  
Egerton Road, Guildford  
GU2 7XX

St Peters Hospital  
Guildford Road, Chertsey  
KT16 0PZ

Wexham Park Hospital  
Wexham, Slough  
SL2 4HL

## After Your Test

The results of your glucose tolerance test will be available the following day, and will be sent directly to your GP (or the doctor or nurse who requested the test).

The laboratory is not able to give results directly to patients. You should contact your GP surgery to arrange an appointment to discuss the results.

## Introduction

The glucose tolerance test involves drinking a large amount of sugar, usually in the form of a sugary drink. We measure blood sugar levels before the drink and then again two hours afterward to check that your blood sugar is normal and that the sugar in the drink is being metabolised properly.

## During Your Test

Before the test begins, the Phlebotomist will take a finger prick sample and use a glucose meter to measure your blood sugar quickly. If the level is very high or very low, the Phlebotomist will take a venous blood sample to be analysed in the laboratory to confirm the high result - if your blood sugar is too high or low the glucose tolerance test will not proceed, as it could cause your blood sugar levels to become dangerously abnormal.

If the finger prick glucose result is normal or only slightly high or low, the glucose tolerance test will proceed.

## During Your Test

The Phlebotomist will first take a blood sample from a vein in your arm, then you will be asked to drink a sugary drink. You will then need to wait in the Out-patients department for two hours, without smoking, eating or drinking (other than water).

**If you feel unwell at any time, please inform a member of staff immediately.**

After two hours, the Phlebotomist will take a second blood sample from a vein in your arm.

The test is then complete, and you will be able to leave the hospital. The test should not have any lasting effects, and you will be able to eat and drink normally, and to drive home.