

## ORAL GLUCOSE TOLERANCE TEST

The oral glucose tolerance test (OGTT) involves measuring blood glucose levels before and after the oral administration of a given quantity of glucose. It shows how the concentration of glucose (and insulin, if associated with an insulin dose) changes in the blood after taking a given quantity of the substance, and therefore whether the body metabolises glucose normally or not.

In order to carry out the test, patients need to be aware that:

- ⇒ High body temperatures and trauma can interfere with the absorption and use of glucose.
- ⇒ All drugs that reduce or increase glucose tolerance can influence the results of the test.
- ⇒ Tolerance is reduced by: thiazide diuretics, corticosteroids, oral contraceptives, caffeine, indomethacin, diphenhydantoin, nicotine, chlorpromazine. Tolerance is increased by: alcohol, propranolol, sulfamides, salicylates, MAOIs, insulin and oral antidiabetic medications.
- ⇒ Before having the test, tell the healthcare staff about any ongoing **treatments** or **illnesses**.
- ⇒ The **glucose-based medicine** used to carry out the test contains an excipient, parahydroxybenzoate, which can cause an allergic reaction in people sensitive to it.

### INSTRUCTIONS FOR CARRYING OUT THE ORAL GLUCOSE TOLERANCE TEST

Please arrive on the day the test is booked by no later than 8 am. Please bring the doctor's request showing the number of points on the glucose tolerance curve, and if different from the standard dose, the amount of glucose to be given.

Please arrive having fasted for at least 8 hours but not more than 14 hours. The test involves:

- A finger prick test to check the patient's suitability for the glucose tolerance test. If the patient is proved to be suitable, an initial baseline blood sample.
- The glucose dose and subsequent sample-taking at specific intervals, which span over 3 hours totally for a normal glucose tolerance curve.

The days before the test patients must:

- For the three days before the test follow a free diet containing at least 150 grams of carbohydrates a day. Normal physical activity.

Patients must:

- Before the test, tell the staff taking the blood samples if they are diabetic or hyperglycemic.
- Not eat or smoke during the glucose tolerance test and not leave the Test Centre, but remain seated and rest under the care of the healthcare staff.

**STATEMENT THAT THE INFORMATION SHEET CONCERNING  
THE ORAL GLUCOSE TOLERANCE TEST HAS BEEN READ**

I, the undersigned \_\_\_\_\_, declare that I have read the information sheet concerning the glucose tolerance test.

DATE \_\_\_\_\_

Signature \_\_\_\_\_

