

Patient information factsheet

Two-hour oral glucose tolerance test for diabetes

Your doctor has recommended that you have a two-hour oral glucose tolerance test. This factsheet aims to answer some of the initial questions you may have about what's involved. If you have further concerns or would like more information, please speak to your healthcare team.

What is an oral glucose tolerance test (OGTT)?

It's a test which measures your blood sugar levels in response to a set dose of sugar (glucose) to check for diabetes.

Diabetes is a condition where the body is unable to process sugar properly. The amount of sugar in the blood is controlled by a hormone called insulin, which is produced by the pancreas (a gland behind the stomach).

The test measures the amount of glucose in your blood before and after taking a glucose drink.

The test will last for around three hours (even though it's known as a two-hour OGTT). You will be required to stay at the hospital during this time in order to give blood samples.

Before your test

You must not eat or drink anything apart from water from midnight before the test.

- It's a good idea to bring something to read or listen to as there will be periods of waiting between blood tests.
- The test will be carried out by an endocrine nurse specialist who will be able to answer any questions you may have.

During the test

- First we will take a blood sample for glucose (sugar).
- You will then be given a sugary drink.
- Two hours after this, another blood sample will be taken.

During the test you should rest and avoid moving around too much as exercise could affect your results.

Side effects

You should not experience any side effects.

After the test

When the test has finished we will give you something to eat and drink and you can then go

Patient information factsheet

home.

Results

Results will either be sent to you by letter/a phone call or discussed with you at your next clinic appointment. We will also send a letter to your GP.

Further information

Please contact the endocrine nurse specialist if you require more information or if there is anything you do not understand.

Contact the endocrine nurse specialist:

Telephone: **023 8120 4710**, Monday to Friday 8.30am to 4pm (answer phone service out-of-hours or if the nurse specialist is unavailable).

Email: endocrinenurse@uhs.nhs.uk

Useful links

NHS website

www.nhs.uk/Conditions/Diabetes/Pages/Diabetes.aspx

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