

Adult glucose (sugar) tolerance test

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

What is a glucose tolerance test?

Some people's bodies are unable to use glucose (sugar) properly. Occasionally this is checked by a formal test, known as a glucose tolerance test. This is done by drinking glucose and measuring how quickly it disappears from blood.

How do we do the test?

You will have had nothing to eat overnight, and on the morning of the test: only water is allowed. A blood sample is taken and you will be given a drink containing glucose. A further blood sample will be taken two hours later. During the test you will be asked to be seated and not to smoke or eat, but you can drink water. The result will be sent to the doctor who asked for you to be tested. We cannot give you the result directly.

What will it mean to me if the test is abnormal?

If your test shows that your body does not clear glucose quickly enough, you may have diabetes mellitus. Your doctor will decide the best treatment for you which could be a combination of regular exercise, diet, tablets and/or insulin.

Some people have partially abnormal results, known as either impaired glucose tolerance or impaired fasting glucose. This may sometimes progress to diabetes. Your doctor will suggest how to treat this.

What do I need to do for the test?

It is vital that you follow these steps exactly:

1. For three days before the test you should eat normally. If your doctor or a dietician has prescribed a special diet, you should discuss this with them.
2. During the three days before the test, do not undertake any severe or moderate exercise. If you do wish to exercise, gentle exercise only is recommended e.g. easy walking.
3. You should eat nothing from 10pm the night before the test. You may only drink water after this time, please do not smoke on the morning of your appointment.
4. If you regularly take medicines, take these as usual. If any should be taken with food, it may be advisable to delay taking them until after the test. If you are unsure about this, please contact your doctor.
5. Please contact either St.Helens blood room on 01744 646080 or Whiston blood room on **0151 430 1947**, to organise an appointment.
6. You are likely to have to stay for about two and a half hours; you may like to bring something such as a book to occupy yourself.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

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Warrington Road,
Prescot, Merseyside,
L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside,
WA9 3DA
Telephone: 01744 26633

Ormskirk Hospital
Dicconson Way, Wigan Road,
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L39 2AZ
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Southport Hospital
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PR8 6PN
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