Mersey and West Lancashire Teaching Hospitals
NHS Trust

Prolonged Oral Glucose Tolerance Test

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

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة ميسّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیارییانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

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Prolonged Oral Glucose Tolerance Test

Your doctor has recommended that you have a test called 72 hour fast for Hypoglycaemia. This will involve monitoring you blood glucose and insulin levels. Insulin is a hormone produced by an organ located in your upper abdomen behind your stomach called the pancreas. Its function is to control blood glucose levels and prevents them from becoming too high. This test will check whether you have low blood glucose and high insulin levels or not. The aim of this leaflet is to provide you with information about the test so that you understand why it is being done and what you need to do to perform the test correctly.

Why do I need to have this test?

The purpose of this test is to investigate the cause for unexplained hypoglycaemia, where the blood glucose level drops within the body with associated symptoms. In the absence of diabetes mellitus there are a number of causes for this, which require investigation.

Should I fast or stop any medication prior to the test?

You will need to fast from midnight prior to your test. You may however take your usual medications unless any of them have been specifically stopped by your endocrinologist. If you have diabetes, please let us know in advance.

What does the test involve

You will need to attend the hospital for approximately six hours for this test. The nurse will explain the test, place a cannula (a small tube for blood samples) into a vein and take an initial sample for a range of blood tests. You will then be given an oral glucose solution to drink over 5-10 minutes. Further blood samples will then be taken from the cannula every **30 minutes** for **five hours.**

If you experience any symptoms of hypoglycaemia during the test please inform the nurse, so that they can record this. At the end of the five hours the cannula will then be removed, and you can go home.

How will I find out the results?

Your Endocrinologist will write to your GP with the results of the test. A copy of this letter will usually be sent to you also.

What if I need advice?

For patients seeking guidance from the Endocrinology Specialist Nurses, we provide a secure and confidential mailbox service to help you get the advice you need. Messages will be assessed and returned in priority order. The Endocrinology Specialist Nurses may be out of the office at times, so please leave a short message including your full name, hospital number, and contact number and we would aim to respond within 3 working days. If your enquiry is a medical emergency please contact your own **GP, 111, 999** or attend your local accident and emergency.

Further information

You can contact the Endocrinology Specialist Nurse with any questions you may have. **Endocrinology Specialist Nurse**
Tel: 01744 646567

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.

Whiston Hospital
Warrington Road
Prescot
Merseyside
L35 5DR

St Helens Hospital
Marshalls Cross Road
St Helens
Merseyside
WA9 3DA

Newton Hospital
Bradlegh Road
Newton-le-Willows
WA12 8RB

Southport Hospital
Town Lane Kew
Southport
Merseyside
PR8 6PN

Ormskirk Hospital
Dicconson Way
Wigan Road
Ormskirk
L39 2AZ

MWL has a zero-tolerance approach to any form of abuse shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence and aggression, no matter how big or small, will be investigated and action taken if necessary.