

Glucose Tolerance Test (GTT)

Pathology / Blood Sciences

Diagnostics & Therapeutics

Path Links

Northern Lincolnshire & Goole NHS Foundation Trust

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.



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Information for patients and visitors

Introduction

The results for your test will be sent to your requesting doctor when complete.

Information sheet for patients who are attending the GP surgery or local Hospital Glucose Tolerance Test:

1. You should be on your usual diet without carbohydrate restriction for at least three days prior to the test
2. You are required to fast for at least 8 hours for this test. This is required to ensure that reliable results are obtained.
 - On the evening prior to your appointment **do not** have anything to eat **or** drink after around mid-night (N.B. Only small sips of water are allowed). Medication / tablets should be taken as normal. However, if you are pregnant and taking gaviscon for heartburn please do not take any on the morning of the test as it affects the uptake of glucose (Rennies are acceptable, but in moderation)
 - On the day of your appointment go along to the relevant testing centre and if you were given a Pathology request form for the Glucose Tolerance test by your GP take that along with you. The test could take up to 2 hours to complete, so we would suggest you bring any reading materials with you to keep you occupied during the long wait between blood samples. Please bring a light snack with you for consumption when the test is ended. In some cases it may be possible to end the test within less than an hour, i.e. we may have all the necessary information at that time. This is the exception rather than the rule, but you may like to make provision in your transport arrangements to take account of this
3. Two or 3 blood samples will be collected (two venous by needle and one may be by finger prick)
4. Once the result of the first blood sample is known (this might be by finger prick or venous blood sample depending on where you are having your test done), and usually within 10 -15 mins, you will then be given a glucose drink which you should drink within 5 minutes (ideally). Note that if the result of the first (fasting) glucose is unequivocally high and indicative of diabetes, the test will be terminated and you will not have to take the glucose drink
5. After this there is a 2 hour wait before the second venous blood test
 - You should remain seated within the Unit Waiting area and must **NOT** eat, drink or smoke
6. After the second blood sample has been collected you will be able to leave the department. The test results will be sent back to the requesting doctor / nurse
 - Failure to follow these instructions may cause invalid results or postponement of the test

Benefits

The benefit of doing the test is that it will provide your doctor with important results which will help with diagnosis and / or treatment.

Risks

Some patients do not like the taste of lucozade or be unable to drink it, in which case an alternative glucose solution, Polycal, can be used.



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Alternatives

See above.

If you have any queries please contact the requesting clinician.

Contact details for Further Information

If you have any queries please ring your local laboratory:

Goole Tel. 01724 290033 Reception 0830-1600 (Mon-Fri)

Grimsby Tel. 01472 875264 Reception 0800-1700 (Mon-Fri)

Scunthorpe Tel. 01724 290005 Reception 0800-1700 (Mon-Fri)

Louth Tel. 01507 600100 Ext 1253 Reception 0830-1630 (Mon-Fri)

Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:

nlg-tr.PALS@nhs.net

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

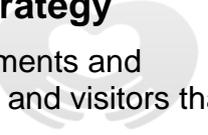
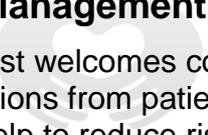
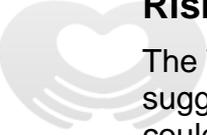
- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.



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Information for patients and visitors

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.

Northern Lincolnshire and Goole NHS Foundation Trust

Diana Princess of Wales Hospital
Scartho Road
Grimsby
01472 874111

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
01724 282282

Goole & District Hospital
Woodland Avenue
Goole
01405 720720

www.nlg.nhs.uk

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