

YORK ROAD GROUP PRACTICE PATIENT INFORMATION SHEET FOR ORAL GLUCOSE TOLERANCE TEST

This is a blood test designed to find out if you have diabetes, or a borderline raised blood sugar level (checking your fasting blood sugar and the bodies response to a glucose load after 2 hours)

It is an easy test which can be performed at the Doctors surgery, but it is important to follow some simple instructions

- You should eat a normal unrestricted diet for the 3 days before the test
- You will be given a morning appointment (usually early) for the blood test
- You must **fast from 9.00pm the previous evening**, having **nothing to eat or drink**, except water
- You need to bring the Polycal liquid prescribed by the GP with you
- A fasting blood sample will be taken at the start of the test
- You will then be asked to drink a measured amount of the polycal liquid, which is a sugary drink (this will be measured out and diluted by the health care assistant). It should be drunk slowly over about five minutes.
- Following this you should remain seated in the doctors surgery/waiting area for 2 hours (you may wish to bring something to read). You should have nothing to eat or drink during this intervening period, and must not smoke. Visits to the toilet are permitted if required.
- A further blood test will be taken at the end of this 2 hour period
- After this second blood sample, the test is complete and you may have something to eat and drink
- You can drive before and after the test
- Both blood samples will be sent to the hospital lab, and you should contact the surgery 1 week after the test for your result