Oral Glucose Tolerance Test (OGTT)

Your Doctor has recommended that you have an oral glucose tolerance test (OGTT) to assess your growth hormone levels. This test is used for assessment/ or diagnosis of patients who produce too much growth hormone, a rare condition known as acromegaly.

Preparation for your test

- You need to fast from midnight the night before your test (water is allowed)
- You can take all your regular medications on the day of the test with water only
- Please bring the list of your medications with you
- You will be able to drive home after the test
- Please feel free to bring snacks/ sandwiches for when the test is finished
- The test will last for at least three hours
- Please come to Endocrine Day Case Unit at 08:30am on the morning of the test
- Children are not advised to attend. However, if this poses a particular problem for you please discuss this with us.

What will happen during your test?

- A nurse will explain the test to you
- A nurse will place a cannula, which is a small plastic tube used to take blood samples, into a vein in one of your arms or the back of your hand
- Blood samples will be taken to measure your growth hormone and sugar levels at the start of the test
- The nurse will then give you a sugary drink
- The nurse will take blood samples to measure your growth hormone and sugar levels every half an hour for a period of two hours
- Once the test is completed, the nurse will remove the cannula and you can eat and drink as normal
- You will then be able to go home

What will happen after your test?

- The result of your test will be reviewed by the endocrinology doctor and this can take up to 4 weeks.
- You do not have to contact the department for your test result as you will be contacted directly if necessary
- Your doctor will also be informed of the result of your test
- If necessary, you will be called back into the clinic to discuss the result especially if you need to start on any treatment

- Sometimes, it is also necessary for us to contact you by telephone, so please provide us with your home and mobile telephone numbers when you come in for your test

Please remember the timing of your endocrine test is important so please report directly to the ward before 08.30am. If you are unable to keep your appointment, please contact the department and we will try to rearrange it for you.

Contact Details

Queen Elizabeth Hospital Birmingham
Email (preferred method): **EndocrineSecretaries@uhb.nhs.uk** Phone: **0121 371 6950**
(we will aim to return telephone call within 3–5 working days)

Birmingham Heartlands, Solihull and Good Hope Hospitals
Email (preferred method):
EndocrineNursesHGS@uhb.nhs.uk Phone: **0121 424 2487**
(we will aim to return telephone call within 3–5 working days)

Endocrine
University Hospitals Birmingham NHS Foundation Trust

Accessibility



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